

# LEFTOVER CHEF



About one third of food that is good enough to eat is wasted or lost each year. Some is lost during harvest, transportation, or storage. But a lot is simply thrown away! Eating **leftovers** is a good way to avoid wasting food. There are many ways to turn leftovers into something new and delicious that everyone will enjoy!

Put on your chef's hat and try your hand at this this clever leftover recipe from Peru! Grab an adult assistant and get cooking!



## Tacu Tacu

### Ingredients

- 1 cup leftover beans
- 1/2 cup leftover rice
- 2 tablespoons canola oil
- 1 clove garlic, minced
- 1/4 teaspoon chili paste
- 1/4 small yellow onion, minced

### Preparation

1. Mash the beans in a bowl with a fork. Mix it with rice by hand.
2. Heat 1 tablespoon of oil in a pan over medium heat.
3. Add the garlic, onion, and chili. Cook for 3 - 5 minutes.
4. Remove from heat, let it cool slightly, and then mix it with the rice and beans by hand.
5. Shape the mixture into two pancakes by hand. Each pancake should be about 4 in or 10 cm across.
6. Heat 1 tablespoon of oil over high heat and brown the pancakes in the pan (about 2 minutes per side).

Come up with your own leftover recipe!

RECIPE name \_\_\_\_\_

ingredients

preparation

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