

you need the following:

- 1 can of brown beans in tomato-sauce
- 1 can of tuna (i prefer in oil over water)
- 2 cloves of garlic
- 2 pieces of toast
- mayonaise

take tuna, put it in a bowl

take the garlic

dice the garlic into small cubes, pref 1x1mm

take a bowl, and some mayo

put the tuna and the galric in the bowl, with 2-3 spoons of mayo

get a feel for it, it's supposed to be a bit like a pudge, more tuna than mayo

mix it all together

take a can of brown beans in tomatosauce

open dat shit up

pour out like half the can into a different bowl (not with the tuna)

put some black pepper into it (cover it very sparsley, and adjust according to your own tastes)

and stir

put it into the microwave for a minute or so

shred some cheese, less than a handful

after you've microwaved the beans, throw in the cheese in there and stir it, so the cheese melts and adds some thickness to it

take two toasts, and toast them

put butter on them

one should be on the bottom, put butter on just one side

the other one should have butter on both sides

then you arrange it in the order:

bread on the bottom

spread the tuna on the toast

put the second toast on top so it becomes a sandwich

pour the beans on top of it

use knife and fork and cut it up into 4x4 cubes

eat

<http://allrecipes.com/recipe/no-bake-peanut-butter-pie/>

<http://www.budgetbytes.com/2012/08/spicy-noodles/>