

Bolognese Sauce

Ingredients

1 medium Onion
500g minced beef (low fat)
1 50g tin or tube tomato puree
2 tins chopped tomatoes
2 carrots – peeled and diced
1 pack mushrooms, peeled and sliced
1 clove garlic – peeled and finely chopped
1 Beef stock cube
Dried Oregano
1 tablespoon olive oil
Salt & Pepper to taste

Method:

1. Peel and finely dice the onion.
2. Put the oil into a saucepan and heat gently.
3. Add the onion and garlic, and sweat gently until translucent.
4. Add the beef mince and brown
5. Season with salt & pepper
6. Add oregano to taste.
7. Add the carrot and cook for a further 5 minutes.
8. Next add the tomato puree and stir in thoroughly. Cook for 2 minutes.
9. Add the tomatoes and a can of water.
10. Add a stock cube.
11. Simmer gently for approx. 30 minutes.
12. Next add the mushrooms.
13. Cook for another 10 minutes, until the sauce is thick.
14. Serve with pasta.