



Bolognese Sauce

INGREDIENTS

- 450g minced beef
- 1 onion - finely chopped
- 1 carrot - grated
- 1 tall tin chopped tomatoes
- 1 red Oxo cube
- 2 teaspoons mixed herbs
- 3 tablespoons tomato puree
- 1 clove garlic
- 50g mushrooms - sliced
- 1 tablespoon flour or corn flour

METHOD

1. Using medium sized saucepan or wok, fry the mince until brown. Pour off any excess fat.
2. Add the chopped onion, crushed garlic and grated carrot to the meat and stir. Cook for a further 3 minutes.
3. Add the tomatoes, Oxo cube, herbs and seasoning. Stir and add 150ml water. Stir. Add in tomato puree. Stir.
4. Cover and simmer for 15 minutes. Add the mushrooms. Simmer for 10 more minutes.
5. Blend the flour with a little cold water and stir into the meat sauce, bring to the boil to thicken whilst stirring.
6. Reheat at home and serve over spaghetti or pasta.