



Beef Bolognese

Serves	4 - 6
Prep Time	20 mins
Cooking Time	45 mins

Ingredients



- 500gms beef mince
- 2 tbsps Olive oil
- 1 good size brown onion
- 2 stalks celery
- 1 large carrot
- 2 cloves garlic, crushed
- 3 generous tbsps tomato paste
- 2 tins crushed (or diced) tomatoes
- 2 tspsns chicken stock powder, or 1 "chicken stock pot"
- 1 tablespoon dried oregano
- 2 bay leaves
- ½ cup red wine (optional)

Method

1. Dice onion, celery and carrot.
2. Preheat a large frypan or saucepan over medium heat.
3. Add olive oil to pan.
4. Add diced vegetables to saucepan with garlic, and stir occasionally for a good 10 minutes or so until all the vegetables soft, but not browning.
5. Turn the heat up, add the beef mince and break up the pieces.
6. Add the tomato paste and cook for one minute.



7. Add the tinned tomatoes, chicken stock, oregano, bay leaves and red wine (if using). Stir well to combine.
8. Season to taste (you may wish to add more salt).
9. Bring to simmer, then turn heat to low.
10. Cover pan with a tight fitting lid, and leave to simmer for at least half hour. The longer you leave it the more the flavours will develop, just make sure it's not sticking to the bottom. If you think it's drying out – add a little water.

Serving Suggestions

- Over pasta or zoodles (or any spiralised veg combo you like), and topped with a good quality parmesan.
- Garlic bread – or a good alternative is cheese and garlic scones!
- Garden salad
- Rocket, pear, parmesan and walnut salad (with olive oil and balsamic glaze).

Recipe Tips:

- Nothing freezes as well as a Bolognese! Make double where to you can.
- Slow cooker version: double the quantity. Once the mixture is brought to temperature - add to the slow cooker and leave on low for 6 hours.
- Finely grate a zucchini into the mixture with the other vegetables.
- A good rule of thumb is 100gms of dried pasta per person.