

Bolognese

Ingredients:

1 onion
2 sticks celery
2 carrots
200g mushrooms
500g minced beef or Quorn mince
1 stock cube
2 tbsp tomato puree
400g tin chopped tomatoes
1 tsp mixed herbs

Notes

- **Bring in an apron**
- **Use lean mince for healthier version**
- **Add a 400g tin of green lentils and reduce the amount of mince to 250g to increase the amount of fibre and plant based protein in this recipe.**
- **If you are using Quorn mince, please bring in a second tin of chopped tomatoes.**

Method:

- 1) Chop the onions, celery and mushrooms into small even sized pieces.
- 2) Coarsely grate carrots.
- 3) Place all vegetables in a bowl once prepared.
- 4) Place mince in a saucepan, brown over a medium using a wooden spoon to break meat down.
- 5) When no red coloured mince can be seen, add all prepared vegetables (and lentils, if using) and cook for further 5 minutes or until the onion softens.
- 6) Add stock and tomato puree, mix well and simmer for 5 minutes.
- 7) Add tomatoes, garlic and herbs to the saucepan, stir well and simmer for 15 mins.

