

Quick Bolognese sauce

Ingredients

500g lean minced beef (vegetarian option - Quorn)

1 large onion

1 pepper (optional)

3-4 mushrooms (optional)

1 clove of garlic (optional)

1 tin chopped tomatoes

Tbs tomato puree

1 tsp dried herbs - rosemary, basil, oregano

1 stock cube

Salt and pepper to season

Process

1. Chop and fry the onion, garlic and pepper (if used) until soft.
2. Add the mince and fry
3. Add the chopped tomatoes along with the herbs, tomato puree, stock and mushrooms to the mince.
4. Season
5. Simmer for 20 minutes

Top tips

- You could use any colour peppers
- You can substitute other vegetables for peppers and mushrooms e.g. sweetcorn, courgettes, peas etc
- Flavoured tinned tomatoes could be used.
- Fresh herbs improve ALL dishes
- Add tomato puree for a richer sauce
- Add pesto for flavour and colour