

## **Bolognese Sauce**

### **Ingredients**

250g packet of lean minced beef OR eat alternative

1 onion

1 can of chopped tomatoes

1 Stock cube(optional)

1 Pepper of any colour

Herbs (Provided by school)

### **Bolognese Method**

1. Peel and chop the onion, garlic, and other vegetables.
2. Add 1 tablespoon of oil to a pan and heat up (Do not allow this to get too hot!).
3. Add the onions to the oil, after one minute adds the chopped garlic, when the onions start to go see through add the chopped vegetables and cook for five minutes. Add the minced meat, and fry the mince until it turns brown.
4. Add the canned tomatoes to the pan. Add a teaspoon of salt/pepper/herbs. Stir with a wooden spoon. Simmer for 15 minutes.