

BOLOGNAISE



QUICK

15 mins plus
1 hour cooking
time

HEALTHY

Beef is high vitamin B12, which keeps
blood cells healthy and prevents
tiredness

FAMILY



Feeds 5-6

MEALS

Serve with
wholemeal
spaghetti or
mashed potatoes

INGREDIENTS

- 1 pack mince approx. 500g
- 1 large onion
- 2 garlic cloves
- 2 tins chopped tomatoes
- 1 large handful basil or 1 tbs dried mixed herbs
- 3 carrots
- 150g mushrooms
- 100ml red wine
- Oil
- Salt and pepper

METHOD

- 1) Heat 1 tbs oil in a large frying pan
- 2) Add the meat and break it up using your spatula
- 3) Dice your onion and add to the mince
- 4) Chop your mushroom and add
- 5) Add the minced garlic
- 6) Add the tinned tomatoes
- 7) Mix
- 8) Peel and chop the carrots – add
- 9) Add the red wine
- 10) Add the mixed herbs or chopped basil leaves
- 11) Add ½ tsp salt and pepper
- 12) Cover and simmer for 1 hour. Leave the lid off slightly to allow steam out
- 13) Enjoy

NB – This freezes really well



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com