

# VEGETARIAN BOLOGNESE



## QUICK

15 mins plus  
1 hour cooking  
time

## HEALTHY

Cooked tomatoes contain lycopene, a carotenoid, which is converted into vitamin A in the body

## FAMILY

Feeds 5-6

## MEALS

Serve with wholemeal spaghetti or mashed potatoes

## INGREDIENTS

- 500g Quorn or soya mince (approx.)
- 1 large onion
- 2 garlic cloves
- 2 tins chopped tomatoes
- 1 tbs tomato paste
- 30g fresh basil or 1 tbs dried mixed herbs
- 3 carrots
- 150g mushrooms
- 100ml red wine
- 1 tbs oil
- Salt and pepper

## METHOD

- 1) Heat 1 tbs oil in a large frying pan
- 2) Add the mince and break it up using your spatula
- 3) Dice your onion and add to the mince
- 4) Chop your mushrooms and add
- 5) Add the minced garlic
- 6) Add the tinned tomatoes and tomato paste
- 7) Mix well
- 8) Peel and chop the carrots – add
- 9) Add the red wine and 200ml water (if it looks a bit dry add 300ml)
- 10) Add the mixed herbs or chopped basil
- 11) Add ½ tsp salt and pepper
- 12) Cover and simmer for approx. 30 mins till the flavours have intensified. Leave the lid off slightly to allow steam out
- 13) Enjoy



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NB – This freezes really well

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)