

Beefy Bolognese Pasta

Prep time: 10 min

Cook time: 30–45 min

Serves: 4

Ingredients:

- 250g (½ lb) ground beef
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 cups crushed tomatoes (or canned)
- 1 tbsp tomato paste
- 1 tsp dried oregano
- Salt & pepper
- 300g pasta (rigatoni, penne, or spaghetti)
- Optional: grated Parmesan

Instructions:

1. Cook onion and garlic in oil until soft. Add beef and brown it.
2. Stir in tomato paste, tomatoes, oregano, salt, and pepper.
3. Simmer sauce on low for 25–30 minutes.
4. Cook pasta, drain, and mix with sauce.
5. Top with cheese and serve hot.

