

## 12.Simple Spaghetti Bolognaise

### A Classic College Recipe - Simplified



I have tried to make this dish as simple as possible, as you get better you can add more ingredients - try cooking on a lower heat for longer if you have the time.

#### **Ingredients**

500g beef mince  
1 tbsp olive oil  
1 onion, finely chopped  
1 cup beef stock  
clove of garlic  
Carrots, mushroom and celery (optional)  
1 tsp dried mixed or Italian-style herbs  
Squirt of tomato paste  
1 x 425g passata or chopped tomatoes

#### **Method**

Heat oil in a heavy-based pan and add onion, stirring over a moderate heat for 1-2 minutes.

Add mince, stirring constantly until well browned.

Stir in remaining ingredients.

Cover and simmer gently for about 30 minutes, or until cooked through (if using chopped tomatoes this will take a bit longer).

Serve with your favourite spaghetti, bread and salad.