




Spaghetti Bolognese



 5 min

 30 min

 4 Servings

INGREDIENTS

- ☐ Onions (3)
- ☐ Garlic (4 cloves)
- ☐ Olive Oil (1 tbsp)
- ☐ Minced Beef (500 g)
- ☐ Tomatoes Can (400 g)
- ☐ Tomato Purée (2 tbsp)
- ☐ Dried Oregano (2 tsp)
- ☐ Bay Leaves (2)
- ☐ Sugar (1 1/2 tsp)
- ☐ Vegetable Bouillon (1 tbsp)
- ☐ Spaghetti (500 g)
- ☐ Salt (1 tsp)
- ☐ Pepper (1 tsp)

vegetable bouillon and then add 1/2 cup of water. If the sauce gets too dry, add some more water.

- ⑤ Add pepper, to taste and cook on low heat for about 10-15 minutes.
- ⑥ Boil salted water, add spaghetti and follow the cooking instructions.
- ⑦ Serve the pasta and cover it with the bolognese sauce.

PREPARATION

Peel and chop the onions and garlic.

COOKING

- ① Heat the oil in a large pan and add onions and garlic. Cook on low for 2-3 minutes.
- ② Add the minced beef and stir. Cook for 3-5 minutes until the meat has slightly browned.
- ③ Add the can of tomatoes to the pan, mash the tomatoes in the pan. Cook for 2-3 minutes and then add the tomato purée.
- ④ Add oregano, bay leaves, sugar and the

