

Bolognese

Serves 6

Freezable



Ingredients

- 3 large carrots, finely diced
- 3 celery stalks, finely diced
- 1 onion, chopped
- 250g mushrooms, finely copped
- 1tbsp oil
- 650g minced beef
- 3 tins chopped tomatoes
- 1 beef (or other) stock cube
- 3 cloves garlic, crushed

Method

Heat the oil in a large pan and add the carrots, celery and onion and gently cook until softened (about 10 mins). Add the minced beef and cook until browned, stirring regularly and breaking up the mince. Add the mushrooms, tomatoes and stock cube and bring to the boil. Simmer for around 20 mins. About 5 mins before it's done, add the garlic.