

Spaghetti Bolla-Crap

Ingredients

800g minced beef

1 tin of tomatoes

1tbsp tomato puree

2 cloves garlic or 2tsp garlic paste

1 onion

Any veg (at least 2) e.g. carrots, mushrooms, peppers, fresh tomatoes, celery

Salt & Pepper

1 tbsp oil

500g Spaghetti

Basil (optional)

Parmesan Cheese (optional)

Chilli, chopped and deseeded (Optional)

} Can be replaced with a Bolognese sauce

Method

1. Put on water to boil to cook spaghetti

2. Dice the onion, chop garlic and dice all the other vegetables being used



3. Heat the oil in a pan and lightly fry onion and garlic (and optional chilli)

4. Add the mince and cook through



5. Add the rest of the vegetables and cook for 5 mins, stirring to avoid a sticky mess

6. Add the tin of tomatoes, bring to the boil and simmer for about 10 minutes

7. Meanwhile boil the pasta in a pot of salted water for 8-12 minutes (Check the spaghetti is to your liking)

8. Season bolognaise with salt and pepper to taste.

9. Drain Pasta and serve with spaghetti (and optional cheese and basil)

