

## Spaghetti Bolognese

Serves 5-6 adults

### Ingredients

1 large onion  
2 medium carrots  
1 pepper (any colour)  
2 teaspoons vegetable oil  
500g beef mince (5% fat if possible)  
1 level tablespoon plain flour  
350ml stock (about a mug full)  
    made from a beef stock cube and  
boiling water  
1 can chopped tomatoes  
1 heaped teaspoon dried oregano or  
mixed herbs  
1 heaped tablespoon tomato puree  
400-500g spaghetti



### Method

1. Peel and chop the onion and set aside.
2. Peel and grate the carrots and set aside, or chop into very small pieces.
3. De-seed and finely chop the pepper.
4. Heat the oil in a large frying pan and fry the onions for 5 minutes.
5. Add the beef mince and break it up well with a wooden spoon. Stir until browned all over and no red meat is left.
6. Sprinkle the flour over the mince mixture and mix in well.
7. Gradually add the stock a little at a time, making sure everything is properly mixed together and there are no lumps before adding the next amount. You may not need all the stock at this point.
8. Add the pepper and carrots, then the tinned tomatoes, herbs and tomato puree. Stir well.
9. Reduce the heat and simmer gently for 15-20 minutes, stirring occasionally. Add a bit more stock if needed.
10. Meanwhile cook the spaghetti for 11-12 minutes from boiling.

### Notes

- This recipe can be stored in the fridge for up to two days. It also freezes well for up to six months.
- Always ensure any reheated food is steaming hot before eating and never reheat food more than once.