

Save Our Stomachs

BUDGET BOLOGNESE



This is an all time favourite using Quality Standard Beef mince and is great served with pasta or as a filling for jacket potatoes. You can make the Bolognese go even further if you add a can of cooked lentils or chickpeas

This recipe serves 2 people and takes 5 minutes to prepare and 25 minutes to cook.

Cooking equipment you will need:

- a large saucepan
- a non-stick frying pan
- a small sharp knife
- a chopping board
- a wooden spoon
- a measuring jug
- a metal tablespoon
- 2 medium-sized heatproof dishes
- Aluminium foil

Ingredients you will need:

- 175g pasta shapes
- 1tbsp oil
- 225g Quality Standard Mark beef mince
- 1 small onion
- 1 small can baked beans
- 1 beef stock cube
- Dash Tabasco or chilli sauce
- 3tbsp tomato ketchup
- Salt and pepper
- 25g grated Cheddar or Mozzarella cheese

To prepare your ingredients:

- Cook the pasta shapes according to the packet instructions, drain and save for later
- Finely chop the onion
- Make up the beef stock in a measuring jug with 150ml boiling water

To cook the recipe:

- Heat the oil in the frying pan and fry the mince and onion for 5 minutes until brown
- Add a small can of baked beans, stock, Tabasco or chilli sauce and tomato ketchup. Season with salt and pepper
- Reduce the heat under the pan, cover with the lid or aluminium foil and cook for 20 minutes. Stir in the cooked pasta
- Spoon the Bolognese into 2 heatproof dishes and sprinkle over the cheese and serve immediately with a green salad and garlic bread **or** place the dishes under a preheated grill for 2-3 minutes until the cheese melts