

# Beef Bolognese Sauce

**Allergens – n/a**

## Ingredients

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Quantity	Ingredient
1.2 kg	Minced Beef
200g	Onions (chopped)
300g	Carrots (grated)
600g	Tinned Tomato
50g	Tomato Puree
25g	Garlic Purée
800ml	Water
5g	Mediterranean Mixed Herbs



Vegetable and Carbohydrate are provided as based on current menu

## Method

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1. Fry the mince in a dry pan and skim off excess fat.
2. Add the onions, carrots and tomato puree.
3. Add the water and tinned tomatoes with their juice and mix well.
4. Add the garlic and herbs. Cook until meat is tender and sauce is of a thickened consistency.

**Note** - Serve with cooked spaghetti pasta. See separate recipe for this.

## Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 94.9	= 5.7	= 2.3	= 2.7	= 0.2	= 3.2

**Portion size - Primary – 180g**

Reviewed May 2019