

Beef Bolognese Sauce

Allergens – N/A

Ingredients

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



Vegetable and Carbohydrate provided is based on the current menu

Method

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 100g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 52.7 | = 3.2 | = 2.1 | = 1.5 | = 0.11 | = 1.7 |

Portion size - Primary – 180g

Reviewed January 2018