**Bolognese sauce**

Ingredients:(Please weigh ingredients out at home if possible).

* 1 onion
* 1 garlic clove
* 250g -300g quality beef mince (will make 3- 4 burgers) You can use quorn mince as an alternative.
* 1 tablespoon oil
* 1 tablespoon tomato puree
* 1 x 400g can chopped tomatoes or passata
* 1 teaspoon mixed herbs

Method:

1. Peel and slice the onion very finely. Peel and crush the garlic with a garlic crusher.
2. Place the oil into a large frying pan and heat on a medium heat for 30 seconds. Add the mince and begin to break it up with a fish slice.
3. Add the onion and garlic and continue to stir until the mince has turned brown. (5 minutes).
4. Add the tomatoes, puree and herbs and stir well.
5. Turn down to the lowest heat and let the pan simmer for 10 minutes, stirring every few minutes.
6. When ready pour into your container and leave to cool.
7. Wash and dry up.

**This Bolognese sauce can then be used to create any of the following dishes at home – Spaghetti Bolognese, Lasagne, Chilli con carne (just add 1-2 teaspoons of chilli powder and kidney beans and cook through for 15mins).**

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