

# Recipe of the Month - January

## Spaghetti Bolognese

A staple recipe for many families and this simple but effective version could cost less than £1.20 per portion

### Ingredients:

500g minced beef  
2 x cans chopped tomatoes  
1 x onion, finely chopped  
2 cloves of garlic  
150g mushrooms, finely chopped  
A good squeeze of tomato puree  
2 x carrots, finely diced  
400g spaghetti



### Method:

1. In a large saucepan, heat some oil and gently fry the onion. Add the mushrooms and garlic and cook until softened.
2. Increase the heat slightly and add the minced beef – cook until browned but make sure it doesn't stick to the bottom of the pan.
3. Add the carrot and tomato puree and stir through. Add the chopped tomatoes and seasoning, put on a lid and let it simmer gently for an hour or so – until the sauce has reduced slightly.
4. About 10 minutes before you're ready to serve, place the spaghetti in a pan of salted, boiling water and cook as per the instructions on the packaging.
5. Serve up and enjoy!