



Bolognese Sauce

GREEN (ACT & SA) / Everyday (NSW)

Makes 20 serves

Ingredients:

- 2 onions, diced
- 2 garlic cloves, crushed
- 1 tablespoon olive or canola oil
- 1kg lean beef mince
- 120g reduced salt tomato paste
- 2 x 400g cans diced tomatoes
- 2 teaspoons mixed herbs (dried or fresh)
- ½ cup water
- 2 large carrot grated
- 2 cup mushrooms roughly chopped
- 3 zucchinis grated

Method:

1. Sauté the onions and garlic in oil, until soft.
2. Add the mince and fry until completely browned.
3. Add tomato paste and cook for 2 minutes.
4. Add tomatoes, herbs, water, carrot, mushrooms and zucchini and simmer for 20 minutes.
5. If sauce starts to dry out, add a little more water.

Variations:

Add extra vegetables such as, kidney beans, lentils, capsicum and green beans. Can be used for:

- Pasta Bolognese
- Lasagne
- Burrito filling
- Nachos

Tips:

- You can use dried mixed herbs or if herbs are grown in your school garden use fresh herbs such as basil, rosemary and thyme.
- This recipe freezes well.

Recipe tested by JG April 2016

Nutrition information:

Bolognese	Per serve (150g)	Per 100g
Energy (kJ)	515	344
Protein (g)	15.3	10.2
Fat – total (g)	4.7	3.1
Fat – saturated (g)	1.7	1.2
Carbohydrates – total (g)	3.7	2.4
Carbohydrates – sugar (g)	3.6	2.4
Sodium (mg)	58	39