

Bolognaise Sauce



A weeknight meal staple that is easy and tasty!

Ingredients

500 g mince (ground beef)

425 g can plum tomatoes

1 tbsp dried Italian herbs

250 ml beef stock

Method:

1. In a large saucepan brown the mince over medium/high heat, stirring constantly to break up the meat, then drain off any fat.
2. Add the tomatoes and their juices, the herbs, stock and sea salt and pepper.
3. Bring to boil, reduce the heat and simmer for 45 to 55 minutes or until most of the sauce has

evaporated and the sauce remaining is nice and thick.