

# Spaghetti Bolognese

## Ingredients

1	Onion
1	clove garlic
1	Pepper
50g	mushrooms
1 tbsp	oil
250g	minced beef
400g	canned chopped tomatoes
1 tbsp	tomato puree
1	Beef stock cube
1 tsp	mixed herbs
Pinch	Black pepper
75g	Spaghetti



## Method

### Boil the water for the pasta.

1. Prepare the vegetables:

Peel and chop the onion;                      Dice the pepper  
Peel and crush the garlic;                      Slice the mushroom

2. Fry the onion and garlic in the oil.

3. Add the meat and cook until the mince is lightly browned.

4. Add the peppers and mushroom and cook for 2 minutes

4. Add the tomatoes, tomato puree, stock cube and mixed herbs and mix all the ingredients together. Then add a few twists of black pepper.

5. Bring to the boil, then simmer for 20 minutes.

6. Meanwhile place the spaghetti in a separate saucepan of boiling water. Cook for 10 - 12 minutes or until the spaghetti is al dente (tender).

7. Drain the boiling water away from the spaghetti into a colander in the sink.

8. To serve, pour some of the Bolognese sauce over the spaghetti.