

Low Tomato Bolognese Sauce

Serves
4

Ingredients

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| 1 tbsp. oil | 1 celery stick, finely chopped |
| 400g minced beef | 1 garlic clove, finely chopped |
| ½ large onion, chopped | 1 reduced salt chicken or beef stock cube with 200ml water |
| ½ tsp ground nutmeg | 100ml passata |
| 1 carrot, chopped | 10g fresh basil |

Method

1. Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.

Potassium

Salt

Phosphorus

