



Spaghetti bolognese

Published, 2024

Traffic light category: **Green** Serves: 8 serves

Ingredients

- Olive oil
- 2 brown onions, finely diced
- 2 garlic cloves, crushed
- 500g lean beef mince
- 145g (1/2 cup) tomato paste
- 250ml (1 cup) salt reduced beef stock
- 2 x 400g cans diced tomatoes
- 1 tablespoon oregano leaves
- 3 dried bay leaves
- Freshly ground black pepper
- 1/3 cup fresh parsley, coarsely chopped
- 375g dried spaghetti
- 80g parmesan, to serve

Method

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic, cook, stirring for three minutes or until onion softens
2. Add mince and cook, stirring to break up any lumps, until the mince changes colour
3. Add the tomato paste, stock, tinned tomatoes, oregano and bay leaves, bring to the boil
4. Reduce heat to medium and simmer, stirring occasionally for 1 hour or until sauce thickens
5. Taste and season with pepper. Stir in the parsley
6. Meanwhile, cook the spaghetti in a large saucepan of salted boiling water following packet directions until al dente, drain
7. Serve with grated parmesan cheese.

Sauce can be frozen and then used for a variety of dishes such as: Lasagne filling, Jacket potato topping, Jaffle filling and Mexican dishes by adding chilli or beans.



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