

Beefy Boy Bolognese



Serves

4-6



TIP

Add grated zucchini or tinned corn & use other pasta types (penne or lasagne).



Ingredients

Base recipe:

500g mince
200g tin kidney beans
1 carrot
1 garlic clove
1 small onion

Add ingredients:

400g tin of diced tomatoes
1 tablespoon tomato paste
250g cooked pasta
2 tablespoons herbs

Equipment

Grater	Tablespoon
Frypan	Chopping boards
Fork	Knives
Bowl	
Spatula	
Teaspoon	



How to make it



1. Grate carrot, chop onion and crush garlic clove. Brown onion and garlic in lightly oiled frypan.



2. Mash kidney beans in a bowl.



3. Add mince to frypan with onion and garlic until mince is browned.



4. Add mashed kidney beans, grated carrot, tin tomatoes, tomato paste and herbs. Stir and heat through.



5. Serve with cooked pasta.

