

Fuss Free Bolognese Sauce

This was a mid-week supper for me, ready in under half an hour it was filling, tasty and easy to cook. This makes a serving for roughly four people. It can be frozen, stored in the fridge or (if you don't add the pasta) used in dishes like Lasagne, Chilli etc. I chose to serve this with Penne pasta, I'm not a big spaghetti fan (not after Lady and The Tramp) but you can serve it with, Mashed Potatoes, Sautéed Potatoes or just on its own, it's your choice (you don't need the basil leaf either that's the chefy side of me coming out)!



- 750g Beef Mince
- 2 Carrots
- 1 White Onion
- 3 Sticks of Celery
- Glug of Vegetable Oil
- 400g tin of Tomatoes
- 2 tsp Lazy Garlic (more or less depending on how hot you like your food
- 250ml Water
- 2 Beef Stock Cubes
- Hand Full of Basil Leaves
- Salt and Pepper
- Pasta to serve!
- Parmesan/Cheddar Grated to Serve (optional)

Also Needed

- Large Frying Pan or Wok
- Wooden Spoon/Spatula
- Knife
- Spoons
- Chopping Board
- Chinese Containers To Put ingredients In

Method:

- 1 Finely chop the white onion, as with all my recipes I use what I call the half moon technique (see the image below):

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Place the onion in a container to use it later.

- 2 Chop the carrot and celery, I used a bag of carrot cslices for this recipe because I didn't have any full carrots in the house. I roughly chopped them along with the clebery (see below).



Add these to two separate containers. How you chop these is up to you, if you've got time chop them finely, it makes a better dish. But if you're wanting food on the table quickly chop them roughly like I've done. Now you have your Soffritto!



- 3 Open the Tinned Tomatoes and set them aside for later.
- 4 Place the pan on a high heat and add the vegetable oil, allow to come to temperature. Once the oil is hot, add the onion and stir for a few minutes, the carrot and stir for a few minutes then the celery. If you've got time you want to sweat these for a while so that they just start to turn brown.
- 5 Add the garlic and stir continuously. Remember at this point, if the pan is looking dry add a bit more oil, although there will be fat coming out of the mince.

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- 6** Add the mince and allow to brown, it is important to stir regularly to ensure an even cook (see below).



- 7** * Once the meat is browned thoroughly add the tomatoes. Once you've added them pour the water into the can and swish to ensure the can is completely empty. Stir thoroughly to combine, cook for enough time to allow the flavours to meld together (this time is dependant on what you're cooking – if it's a quick meal then five minutes is fine. If you've got time then allow it to cook for a longer period of time)
- 8** Crumble in the stock cubes to give extra flavour to the dish. Stir this thoroughly and allow the flavours to mingle again (at least five minutes). If you like a saucier Bolognese then you could add more water at this point but I didn't bother.
- 9** Add the tin of Tomatoes and fully mix all the ingredients together, it is important to stir thoroughly so that all the ingredients combine thoroughly. **
- 10** Rip up some basil leaves and stir them through the sauce. Then season with Salt and Pepper, I usually tend to put more pepper than you think you'll need as the taste of it will soften as it cooks out. Cook for a further five minutes (minimum) to allow the flavours to develop.
- 11** I served mine with some Penne pasta I already had cooked. When serving I added the pasta to the sauce, not the sauce to the pasta as traditionally done. If I've learned one thing from Gino it's that the pasta goes in to the sauce not the other way around (see below)

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- 12** When plating, I added grated Cheddar Cheese although you could have added Parmesan to keep the Italian theme going (this however, is optional you can leave the cheese out).



* if you are adding red wine to give your sauce a deeper richer flavour you should add it at this point and allow to cook until all the alcohol has evaporated.

** to give more depth of flavour you could add a glug of balsamic vinegar at this point, again like the wine allow to cook thoroughly.