

## Beef Bolognese for four

This recipe can be used with spaghetti or as the filling for Lasagne.

400gms Mince Beef or Quorn Mince for a vegetarian option

1 onion finely chopped

2 clove garlic chopped and smoothed to a paste

2 Tins of Chopped Tomato

1 Tube Tomato Paste

1 Dessert Spoon Mixed herbs

### Method

Fry of the onions & garlic in oil until soft and add the mince beef and cook through until all pieces are brown.

Add the herbs, chopped tomato and a couple of spoons of the tomato paste.

Simmer for approx. 20mins, stirring occasionally to prevent burning. The consistency should be saucy, but not too wet.

If having with spaghetti, bring a pan of boiling salted water to the boil and add two good handfuls of spaghetti. Cook until tender or if snapped you can see a dot of less cooked pasta in the centre of the strand.

When cooked, drizzle with a little olive oil and season. A little grated parmesan on top of the Bolognese really finishes this dish off.

If using with lasagne, ladle half of the Bolognese into a baking dish and cover with lasagne sheets. Repeat this with another layer, before topping off with \*cheese sauce.

### \*Cheese Sauce for Lasagne

50gm Margarine/Butter

50gms Plain Flour

1tre Hot Milk

100gms strong grated Cheddar Cheese

### Method

Melt the butter or margarine in a sauce pan. Add the flour and stir until it has a sandy paste appearance. Slowly add the hot milk a ladle at a time, stirring vigorously each time until the liquid has smoothly combined with the paste. On each addition the mixture will become more fluid and should after all the milk is added be smooth and coat the back of your mixing spoon. More milk can be added if too thick.

Stir in the grated cheese until melted and once again smooth. Pour over the top sheet of Lasagne and sprinkle with grated Parmesan before baking at 180 deg C for 35minutes or until top is golden brown. Insert a cooking knife to check if the lasagne is fully cooked. It should slide through easily.

## Chilli con Carne for four

400gms Mince Beef or Quorn Mince for a vegetarian option

1 onion finely chopped

2 clove garlic chopped and smoothed to a paste

2 Tins of Chopped Tomato

1 Tin Cooked Kidney Beans

1 Tube Tomato Paste

1 Tea spoon Gr Ginger

1 Tea spoon Gr Paprika

1 Tea spoon Gr Chilli Powder

### Method

Fry of the onions & garlic in oil until soft and add the mince beef and cook through until all pieces are brown. Add the spices and cook for a few more minutes.

Add the kidney beans, chopped tomato and a couple of spoons of the tomato paste

Simmer for approx. 20mins, stirring occasionally to prevent burning. The consistency should be saucy, but not too wet.

Serve with boiled rice or Cheesy Nachos.

Although these recipes are for four, they are designed so that you have no bits left over i.e. half an onion in the fridge or part of a tin of tomatoes etc.

If only serving one or two people, follow these recipes anyway and freeze the mix for a handy meal another day.