

Veggie Spaghetti Bolognese

Ingredients

1 onion	1 x 400g canned chopped tomatoes
1 clove garlic	1 x 15ml spoon tomato puree
1 carrot	1 x 5ml spoon mixed herbs
1 celery stick	100ml water
1 x 15ml spoon oil	black pepper
250g veg mince	150g spaghetti

Method

1. Prepare the vegetables

- * peel and chop the onion
- * peel and crush the garlic
- * peel and slice the carrot
- * finely chop the celery

2. Fry the onion, garlic, carrot and celery in the oil.

3. Add the mince and cook until it is lightly browned.

4. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.

5. Bring to the boil, then simmer for a20 minutes.

6. Meanwhile, place the spaghetti in a separate saucepan of boiling water. Cook for 10—12 minutes or until the spaghetti is 'al dente'.

7. Drain the water from the spaghetti using a colander.

8. To serve, pour some of the bolognese sauce over the spaghetti.

