

















#### Shopping List




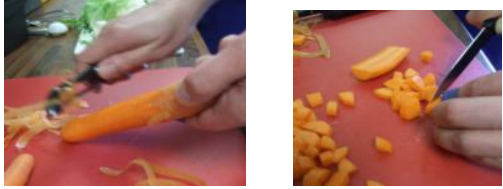

	1 large onion
	olive oil
	3 cloves garlic
	2 carrots
	2 sticks celery
	450g/1 lb minced beef

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### Bolognese Sauce

		1 bay leaf
		Dried oregano
		dried basil
		tomato puree
		2 x 400g tins chopped tomatoes
		A pinch of pepper
		A pinch of sugar
		salt

### Bolognese Sauce

<p>1</p>		<p>Finely chop the onion.</p>
<p>2</p>		<p>Heat the oil in a heavy based saucepan and add the onion. Fry till soft – about 10 minutes</p> 
<p>If you have a food processor you can chop the carrot, celery and garlic up into little pieces in it – otherwise...</p>		
<p>3</p>		<p>Peel the carrots and cut the ends off. Cut the carrots into little pieces.</p>
<p>4</p>		<p>Chop the celery into little pieces</p>

## Page 4 Bolognese Sauce

5		Finely mince the garlic
6		Put it all in the pan with the onions and fry for 5minutes 
7		Add the meat Fry for about ten minutes till brown and sizzling – about 10 minutes.  Stir a lot.

<p><b>8</b></p>		<p>Add everything else. Stir. Break up the tomatoes a bit if you need to.</p>
<p><b>9</b></p>		<p>Cook on a low heat for at least half an hour.  Stir sometimes.  If it sticks add a little water.</p>
		<p>Taste and add salt if you want</p>

If you don't want to eat it all today cool it, cover it and put it in the fridge and it will taste even better tomorrow