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## SPAGHETTI BOLOGNESE

This recipe includes some secret ingredients to make it more nutritious and even more delicious..

Serves 6

Per serving: 390 calories, 2% (8.9g) fat

Prep time: 10 mins

Cook Time: 30 mins

## INGREDIENTS

400g lean minced beef  
1 teaspoon easy- garlic or two cloves, crushed  
1 large onion, finely diced  
1 large carrot, coarsely grated  
1 beef stock cube (optional)  
2 x 400g can chopped tomatoes  
1 x 340g jar tomato and basil pasta sauce  
2 tablespoons tomato puree  
1 teaspoon Tabasco Sauce  
1 tablespoon Worcestershire Sauce  
1 tbsp chopped fresh basil  
52g (dry weight) spaghetti per person  
1 vegetable stock cube  
Freshly ground black pepper  
Chopped fresh herbs, to garnish

## METHOD

1. Preheat a large non-stick pan. Add the minced beef and dry fry until starts to change colour.
2. Remove the mince from the pan and wipe out the pan with kitchen roll. Return the meat to the pan, add the garlic and onion and continue cooking for a further 2 - 3 minutes stirring well. Add the grated carrot and crumble to beef stock-cubes over the top. Add the tomatoes, puree and mixed herbs, then mix well to allow the stock cube to dissolve. Reduce the heat to a gentle simmer, add the Tabasco and Worcestershire sauces and season generously with the black pepper. Cover with a lid and continue to cook for 30 minutes until the sauce thickens.
3. Meanwhile, bring a large pan of water to the boil with the vegetable stock cube. Add the spaghetti and cook for 12 - 15 minutes until the spaghetti is cooked but slightly firm in the centre. Drain through a colander.
4. Arrange the spaghetti on a warmed plate and pour the sauce on top. Garnish with fresh herbs.

