

CORNED BEEF BOLOGNAISE



Food Fact: -

Adding lots of vegetables to the mixture will make it go much further and also increase the vitamins.

Preparation time **5 mins**

Serves 4-6

Cooking time **16 mins**



Ingredients

- 1. Put onion, garlic and oil in a bowl. Cover and cook for 2minutes on full power.**
- 2. Add the other ingredients, mix well. Cover and cook on full power for 10mins.**
- 3. Stir mixture and break up any lumps of corned beef. Cover and cook for 4mins on full power.**
- 4. Serve with a pasta of your choice, use to make lasagne or use as a filling for baked potatoes.**

- 1 large onion, chopped**
- 2 cloves of garlic, chopped**
- 1 can of corned beef, chopped**
- 1 can of chopped tomatoes**
- 6-8 medium sized mushrooms, chopped**
- 2 tbsp Worcester sauce**
- 2 tbsp tomato puree**
- 1 tbsp oil**
- 100ml beef stock**
- pepper,**
- oregano, basil (or mixed herbs if you prefer)**

NB: Adding other vegetables fresh, frozen or tinned to the mixture will add nutrition and will also make it go further.

