



# BOLOGNESE SAUCE

Put a large saucepan on a medium heat and add 1 tbsp olive oil. Add the onions, carrots, garlic cloves, all finely chopped, then fry for 10 mins. Stir the veg often until it softens. Increase the heat to medium-high, add Italian Sausage and Ground beef mince and cook stirring for 3-4 mins until the meat is browned all over. add the tins of plum tomatoes, the Italian seasoned, 1 tsp dried oregano, 2 tbsp tomato purée, 1 deseeded and finely chopped red chili (if using), Bring to a boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce.

## Ingredientes:

- 2 small carrots chopped
- 1 small onion chopped
- 3 cloves garlic
- 1/2 pound Italian Sausage
- 1 pound Ground Beef
- 1 29-ounce can of crushed tomatoes
- 1 4-ounce tomato paste
- Italian Seasoned
- Olive oil
- Salt and pepper to taste

