



SPAGHETTI BOLOGNESE

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1/2 cup mince
- 1/2 cup brown rice/pasta
- 1 tsp tomato paste
- 2 tbs of tinned tomato
- 1 cup frozen/diced vegetables of your choice
- 1/2 tbsp oil
- 1 cup stock of choice

Calories/serve = 300

DIRECTIONS

1. Cook pasta or rice.
2. Cook mince in oil until browned (+/-add garlic).
3. Add tomato paste and tinned tomatoes and cook for 1-2 mins.
4. Add vegetables of choice to meat and tomatoes.
5. Add stock and reduce to half of original volume (10 -15 mins).
6. In blender, mix pasta, meat and vegetables to desired consistency.
7. Add stock/formula/milk/water to reach desired consistency.

NOTES

- Or simply cook your usual family spaghetti bolognese and add stock/milk/formula/water and blend to desired consistency.
- This is 1 serving for a tubie. To batch cook, double or triple the portions.