

Spaghetti Bolognese/Chilli con Carne – serves 4

Chilli is a Mexican dish and Bolognese is traditionally from Italy, but both dishes are very common main meals eaten in Britain. They are both essentially flavoured sauces containing protein, rich with tomato. Ideally they need to be cooked slowly and gently to develop the flavours. Why not enjoy your sauce with rice, pasta or tacos and fresh green salad?

1 onion
1 or 2 cloves garlic
250g minced beef or Quorn
1 can chopped tomatoes (400g)
1 tspn tomato puree
1 stock cube (meat or vegetable), or home-made stock.
Tbspn veg oil
Salt, pepper, mixed herbs

For Bolognese you also need...

a medium sized carrot

Optional flavourings... Splash of Worcestershire sauce or mushroom ketchup, 1 celery stick

For chilli you also need...

Small can of kidney beans

Chilli powder or a fresh chilli

Optional flavourings, as above, and a red or green bell pepper

DON'T FORGET...

LARGE, LIDDED, NAMED CONTAINER

Large saucepan and lid,
wooden spoon,
knife and chopping board for veg,
200ml water in a measuring jug,
Veg peeler and
garlic crusher

Method

Prepare the onions, garlic and carrot/bell pepper/chilli pepper

1. Finely chop the onion.
2. Crush or finely chop the garlic
3. Cut the carrot into small cubes.

Soften over a low heat

1. Firstly, get 200ml cold water in a measuring jug – you will need it in about 10 minutes!
2. Put 1 tbspn veg oil in a large saucepan.
3. Add the chopped veg and stir gently to soften.
4. When the onions are transparent and turning golden, they are cooked.

Brown the meat

1. Put the meat in the pan, avoiding splashes.
2. Turn up the heat to medium.
3. Stir to break up the mince so it cooks evenly.
4. Turn gently with the wooden spoon until it turns brown.

Make the sauce

1. Now stir in 1 tbspn flour. Keep it moving gently – the flour will tend to stick.
5. Pour over the water. Stir to mix.
6. Add in the tomatoes and the stock.
7. Open the beans. Tip into a colander over the sink and rinse briefly with cold water. Let the water drain away and then add the beans to the pan.
8. For chilli, add 1 teaspoon of chilli powder if you didn't have a fresh chilli
9. Pop the lid on, with the spoon in so some steam can escape, and cook gently for 15 minutes or longer if you have time! During this time, the flavours will improve.

Flavourings

1. Taste your food. It may need a pinch of salt, to bring out the flavours. Add a pinch of pepper.
2. Remember that spicy heat builds up in your mouth as you eat a whole meal so be very cautious about adding more chilli powder if the food is not spicy enough.

Allow to cool, put in container and wash up.

Reheat to piping hot at home before serving.