

MINCE AND MASH



Serving: 2

Cooking Time: 35-45 min

Prep Time: 60 min

INGREDIENTS

- 1 tablespoon olive oil

- 1 brown onions, finely chopped
- 4 cloves of garlic, minced (or 1 tablespoon minced garlic)
- 500 g lean mince
- 1/2 cup red wine (optional -- can be replaced with beef broth)
- 250 g tomatoes
- ½ cup beef stock
- 3 tablespoons tomato paste
- 1 large carrot, chopped
- 2-3 teaspoons salt, adjust to your tastes
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1-2 teaspoons sugar
- Cracked pepper, to taste
- 1/4 cup fresh, chopped parsley

INSTRUCTIONS

1. Heat the olive oil in a large pan over medium-high heat. Add the onion and cook until translucent. Add the garlic; cook until fragrant (about 30 seconds). Add the mince, breaking it apart with a wooden spoon. Fry until just beginning to brown (about 2-3 minutes); transfer to a 6-quart slow cooker bowl.
2. Return the pan to the stove; pour in the wine while scraping any bits of the fried meat from the pan.
3. Add the crushed tomatoes, beef stock, tomato paste, carrot, stock powder, salt, oregano, basil, sugar and pepper. Cover and cook on low for 35-45 min, or high for 3-4 hours. Add in the chopped parsley before serving.
4. Serve with cheesy mashed potatoes and fresh cheese.

*Follow our Perfect Mash Potato recipe and cheddar cheese.

Tip:

Use fresh tomatoes instead of a ready tomato sauce to make Bolognese. Just remember to peel them off and to grind them finely.