

Easy Spaghetti Bolognese

500g lean mince beef
1 onion diced
½ tsp minced garlic
1 440g tin of tomatoes 1tsp brown sugar
1 tsp Worcestershire sauce Fresh basil if you have it
1 cup red wine
2 cups dry pasta
Garlic to taste
Butter
Breadstick

Directions:

Heat 4ltr on 7/10 and brown beef, add onion and fry together for about 2 mins.

Add all other ingredients except the pasta. Mix well.

Now add pasta and stir again making sure the pasta has been coated in the sauce.

Place cover on and drop heat to about 4 /10 (with valve open, when it whistles close it off - or - until needle enters the green) and reduce heat to lowest possible setting.

Leave 12 minutes and then mix and serve.

To make garlic bread:

Mix butter and garlic then spread onto the cut breadstick. Heat your large skillet to 4/10 and cook bread buttered side down for about 1 min.

Put cover on (with valve open, when it whistles close it off – or - until needle enters the green) and leave.

Bring both servers to the table; this keeps both piping hot until you are ready to eat.