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BASIC RAGU

Ingredients: 500g Mince Beef
Olive Oil
1 Onion chopped
2 crushed Garlic Cloves
Cup of Stock
Tin Chopped Tomatoes
small tin Tomato Paste / Puree
Salt & Pepper
Tsp Basil

Preparation:

Heat the oil in a non stick pan & add the chopped onions.

Cook for 3 minutes.

Add the mince and cook for 10 minutes until browned.

Add the garlic and the basil.

Add the tin tomatoes, paste and cup of stock.

Season with salt and pepper.

Let it all reduce for 10 minutes.

Serving Suggestions:

With PASTA

This ragu is ideal served with spaghetti. Cook the Spaghetti for 10 minutes.

Until al dente. Top with the hot ragu & some grated parmesan.

Serve with garlic bread.

RAGU PIE

This is also great served in individual oven proof dishes topped with mashed potatoes and baked in a preheated oven at 200 deg for a further 20 minutes until heated through.

CHILLI TACO SHELLS

Try adding some chilli flakes or chopped red chilli & drained kidney beans when cooking. Make sure it's heated through.

Then use to fill heated taco shells with some salad, salsa and grated cheese.

TIP: *Why not cook double the amount, let cool then freeze.
Great for those nights you don't have much time on your hands.*