Quick and easy bolognese

*Serves: 2-4 people*

**Ingredients**

1 onion, diced

1 large carrots, diced

1 stick of celery, diced

2 garlic cloves, minced

500g [Hampton Gay minced beef](https://shop.hamptongay.com/individual-beef-cuts/beef-mince)

1 jar of [Real organic pasta sauce](https://shop.hamptongay.com/groceries)

1 tbsp tomato paste

2 tbsp tomato ketchup

1 packet of [Pastificio Carleschi spelt pasta](https://shop.hamptongay.com/groceries/organic-spelt-pasta)

**Method**

Gently fry the equal parts of onion, carrot and celery until golden brown. Then add the garlic and fry gently for 1 minute

Add the minced beef to the mixture and cook until brown all over

Add the pasta sauce along with the tomato paste and tomato ketchup. Both the [Arrabbiata](https://shop.hamptongay.com/groceries/organic-arrabbiata-pasta-sauce) and the [Sicilian tomato and Olive](https://shop.hamptongay.com/groceries/organic-sicilian-tomato-and-olive-pasta-sauce) sauces work well with this dish (the arrabbiata is very spicy, delicious but spicy)

Allow to simmer gently over a low heat with the lid on. Cook for about an hour stirring every 15mins or so until you have a nice thick sauce.

We recommend cooking this in the morning and then leaving to cool until the evening. It causes the mince to become even more tender until it melts in your mouth.

Once ready to serve, add 250ml of hot water and stir in. Put your pasta on to cook.

Serve with grated parmesan.