*(Please excuse the pink plate ? it's not in support of Cancer awareness although that is a very worthy cause. We were living in the tent when this picture was taken and using plastic picnic plates!)*

Pasta Bolognese is a staple in these parts. Mince is often on offer and it's relatively quick, easy and vary tasty.

Ingredients:-

500g on minced Beef (Beef & Pork mince is as good and costs less)
1 large Onion, chopped
Salt, pepper and Onion Salt to season
2 cloves of Garlic, crushed
½ a tube of Tomato Purée
1 tin of chopped Tomatoes
1 tsp of mixed Herbs
1 tsp of Oregano
2 Bay leaves
Italian style grated Cheese
Pasta of your choice
Oil to fry

Method:-

(1) Fry the Onion in a little oil until soft.
(2) Add the mince and gentry brown.
(3) Season with Salt, Pepper and Onion salt.
(4) Add the crushed Garlic.
(5) Add the tinned Tomatoes and Tomato Purée and simmer for about 10 minutes.
(6) Add a little water if the sauce seems too thick.
(7) Add the mixed herbs, Oregano and Bay leaves and simmer for a further 30 minutes

(8) Boil your pasta and drain once it is cooked to your liking.

(9) Serve the sauce over the pasta and sprinkle with grated Italian style Cheese.