



**Makes 2 meals for 2 adults  
and 2 children**

900g minced beef

8 tablespoons tomato puree

2 teaspoons dried mixed herbs  
or a sprig of fresh thyme or  
rosemary

3 onions, peeled and finely  
chopped

4 carrots, peeled and finely  
chopped

1.2 litres water or chicken  
or lamb stock

3 red peppers, cored and  
finely chopped

350g button mushrooms  
sliced

300g spaghetti, broken into  
short lengths

350g any leftover hard cheese,  
such as Cheddar, Edam,  
Parmesan, grated

# Big Spaghetti Bolognese Sauce

By Caroline Marson

1. Dry fry the mince in a large saucepan until brown. Add the tomato puree and herbs, and cook over the heat for 1-2 minutes. Add the onion, carrots and water or stock, and simmer until the meat is almost cooked, about 20-30 minutes. Add the peppers and mushrooms and cook for a further 10 minutes. Season well.
2. Divide the Bolognese sauce, keep half in the pan and spoon half into a dish or bag for freezing.
3. Meanwhile, cook the spaghetti in boiling water for about 10 minutes, drain and add the spaghetti to the meat sauce which stops it from going sticky, mix well together. Serve the spaghetti in bowls topped with grated cheese.

If you find yourself cooking too much spaghetti, try using a special spaghetti portioning tool.

## Time saver

This recipe is quick and makes enough for a family meal today and one for the freezer.

  
**LOVE  
FOOD**  
hate waste

Every year in the UK we throw away £12 billion worth of good food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites for measuring everyday portions.

# Perfect Portions

## Mug

A mug is handy for measuring uncooked rice.

4 adults = Full mug, 300ml

2 adults = Half a mug, 150ml

## Tablespoon

Ideal for measuring child portions.

Use 2½ tablespoons for rice, beans or dried fruit.

## Scales

Kitchen scales are great for measuring exact portions.

## Spaghetti measurer

Stand bundles of uncooked spaghetti on our handy measurer to get perfect portions.

The portion calculator at [lovefoodhatewaste.com](http://lovefoodhatewaste.com) removes the guesswork when it comes to portions, helping you cook and serve the right amount.

Measure your spaghetti here

1 portion

2 portions

3 portions

