





BOLOGNESE ZUCCHINI

 25 minutes
 1 hour and 15 minutes
 8 portions

INGREDIENTS

- 1 large unit of onions, raw (150 g)
- 1 large grated carrot
- 500 grams of beef, ground, regular, raw
- 1 tsp of salt, table (6 g)
- 0.8 tps, ground of spices, pepper, black (2 g)
- 20 grams of tomato paste, canned
- 200 grams of button mushroom or cultivated mushroom, raw
- 2 tps, leaves of spices, oregano, dried (2 g)
- 3 cloves of garlic, raw (9 g)
- 7.5 leaves of basil, fresh (4 g)
- 1 grated zucchini
- 400 gram jar pasta sauce

COOKING METHOD

- 1° Add oil to pot and then add chopped onion, garlic and sliced carrots; cook, stirring frequently, until pan is nearly dry and vegetables are soft, 6-8 minutes. Add sliced mushroom, and Stir in tomato paste; cook 1 minute. Add beef, salt, pepper; cook, breaking up meat with a wooden spoon, until no longer pink, 3-5 minutes
- 2° Add sauce and simmer for 15 mins on low
- 3° You can as well add dried basil in the process of cooking the bolognaise sauce

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (336 g)	% DRI
ENERGY	78 kcal	263 kcal	13 %
PROTEIN	4 g	14 g	29 %
CARBOHYDRATE	4 g	14 g	5 %
SUGARS	3 g	10 g	11 %
FAT	5 g	17 g	24 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	33 %
FIBER	1 g	4 g	17 %
SODIUM	183 mg	615 mg	26 %