

# Spaghetti Bolognese

## Background

Bolognese sauce originates from Bologna, Italy. Traditionally it uses minced beef, and is served with tagliatelle. Many recipes also include red wine, but this is not used in this version for schools. Here veggie mince is used instead of meat, and the sauce is great with any kind of pasta.

## High in protein

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	164	Energy	80.4 kcal
		Fat	3 g
Secondary, 11-18 yrs	218	SatFat	0.4 g
		Carb	5.3 g
		NMES	0 g
		Fibre	0.8 g
		Prot	8.4 g
		Iron	2 mg
		Calc	57.4 mg
		Vit A	161.4 µg
		Fol	20 µg
		Vit C	9.1 mg
		Sodium	788.7 mg
		Zinc	0.9 mg



Time  
30 minutes



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## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	8	16	32	64
Secondary portions	6	12	24	48
olive oil	26g	54g	108g	216g
onions, chopped	125g	250g	500g	1000g
garlic, peeled and crushed	18g	36g	72g	144g
carrots, chopped	100g	200g	400g	800g
celery, sliced	30g	60g	120g	240g
soya mince	225g	450g	900g	1800g
tomatoes, canned	800g	1600g	3200g	6400g
tomato purée	13g	26g	54g	108g
bay leaves	2	4	8	16
basil (fresh)	20g	40g	80g	160g
pepper, black, to taste	0.1g	0.2g	0.4g	0.8g

## Method

1. Fry the onions, garlic, celery and carrots in the oil for about 10 minutes.
2. Add the mince and fry for 4-5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.)
3. Add the tomato purée, tinned tomatoes, black pepper and bay leaves, stir well and simmer for approximately 10 minutes over a low heat.
4. Garnish with fresh basil.



Serving suggestion  
Spaghetti