**Eat More Veg**

**Hidden Vegetable Bolognese**

**Ingredients**

**1 tbsp Olive oil**

**1 small onion, finely chopped**

**1 small leek, thinly sliced**

**½ stick celery, diced**

**¼ small red pepper**

**1 small carrot, peeled and grated**

**50g button mushrooms diced**

**½ eating apple, peeled and grated**

**1 clove garlic, crushed**

**1 x 400g tinned chopped tomatoes**

**450g minced beef**

**4 tbsp tomato purée**

**2 tbsp tomato ketchup**

**250ml beef stock**

**¼ tsp dried oregano**

**Salt & pepper**

**Got everything you need?**

**Then let’s get cooking!**

1. **Heat the oil in a large frying pan and sauté the vegetables, apple and garlic for 10 minutes until soft. Transfer to a blender and add the tomatoes, then whiz until smooth.**
2. **Wipe out the pan with a piece of kitchen paper, then add the mince and fry over a medium high heat, breaking the mince up with a wooden spoon, until browned.**
3. **Add the tomato and vegetable sauce to the mince and stir in the tomato purée, ketchup, stock, and oregano.**
4. **Bring to a simmer and cook for 40 – 45 minutes until the sauce is thick. Season to taste with salt and pepper.**