Spaghetti Bolognaise

NIBBLEDISH CONTRIBUTOR

Ingredients

- 500gm ground lean beef mince - 1 can peeled tomatoes - 1 can tomato paste - 2 teaspoons garlic - 1 large onion - 1 teaspoon sugar - Sweet Basil (dried) - Origanum (dried) - Thyme (dried) - Salt and pepper - Olive Oil - One cup red wine (optional) - Spaghetti - enough for 4 servings - Grated cheese of your choice

Instructions

1. Peel and chop onion. Fry onion and garlic at high heat for about 5-7 minutes. 2. Lower heat. Add ground beef and fry until brown. 3. Add salt, pepper and spices to taste. 4. Chop peeled tomatoes and add. 5. Add tomato paste and sugar. 6. Add red wine (if chosen as option). 7. Lower heat. Stir well and let simmer for at least 20 minutes. 8. While bolognaise is simmering cook spaghetti until "al dente". 9. Serve spaghetti with bolognaise topped off with grated cheese