



Beef Bolognese on Whole Wheat Pasta

NIBBLEDISH CONTRIBUTOR

Ingredients

250g ground beef, olive oil, garlic, onions, tomato sauce, chopped basil, shredded mozzarella, shredded parmesan, 1 can stewed whole tomatoes, 1/2 packet whole wheat spaghetti

Instructions

1. Brown ground beef in some olive oil and garlic.
2. Add the onions, and cook until caramelized.
3. Pour tomato sauce over the cooked beef. Add chopped basil and let simmer.
4. Add some shredded mozzarella to the sauce for a richer taste, and bring sauce to a boil.
5. Cook whole wheat pasta until al dente, and spoon the meat sauce on top. Sprinkle with shredded Parmesan.