



# Spaghetti Bolognese

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 or 3 cans of diced tomatoes
- 200g mixed pork/beef minced meat
- 1 large onion halved and sliced
- 1 green bell pepper cut in small pieces
- 200g mushrooms
- half a teaspoon of thyme
- half a teaspoon of oregano
- pepper and salt
- half a teaspoon of McCormick Italian Seasoning... If you can't find this, herbes de provence will do just fine.
- A small bunch of parsley, chopped.

## Instructions

- Put some olive oil in a pan and fry the onion for about 3 to 5 minutes.
  - Add the minced meat and chop it up a bit with a wooden spoon. Spice it up with some salt and pepper.
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- Also add the oregano, thyme and Italian Seasoning.
  - Fry until the meat is nice and brown. Lower the heat if necessary.
  - Put some oil in a big pot and fry the bell peppers on medium heat until for about 3 - 4 minutes. Stir often so they don't burn
  - Add the mushrooms and fry until they are starting to get a little soft but not completely squishy.
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- Now add the diced tomatoes to the bell peppers and bring to a boil.
  - Add the onions and meat.
  - Finally add the parsley and have the whole thing boil for a few more minutes.
  - If you wish, you can put in some spicy peppers too.