

# Spaghetti Bolognese

Prep 15M | Cook 40M | Enjoy in 55M

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This spaghetti sauce is a great way to use up any extra veggies you have in your fridge. A hit amongst kids and adults, you can't go wrong with this recipe!

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## INGREDIENTS

- 1 lb lean ground beef
  - 1 cup chopped onion  
(use what you have available)
  - 1 cup chopped carrots  
(use what you have available)
  - 1 cup chopped celery  
(use what you have available)
  - 3 cloves minced garlic
  - 2 cups sliced mushrooms  
(use what you have available)
  - 1 cup diced green bell pepper  
(use what you have available)
  - 1 can (796 mL) crushed tomatoes
  - 1 tbsp fresh chopped oregano, or 1 tsp dried
  - 2 tbsp fresh chopped basil, or 2 tsp dried
  - 1 tsp ground black pepper
  - ½ tsp cayenne pepper (optional)
  - 1 tsp granulated sugar
  - 5 cups cooked whole wheat spaghetti noodles
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## DIRECTIONS

1. In a frying pan, brown beef until no longer pink. Drain the excess fat and put into a large pot.
2. Place carrots, celery and onion into a food processor and pulse until very small.
3. Add the onion, carrots and celery mix to the beef and cook for 5 minutes.
4. Add garlic, mushrooms and green peppers. Cook for another 5 minutes.
5. Pour in the tomatoes and add oregano, basil, pepper, cayenne and sugar.
6. Bring to a boil. Reduce heat and allow to simmer for 15-20 minutes.
7. Season with salt and pepper as needed.
8. Serve over whole wheat pasta noodles. Enjoy!

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## NUTRITIONAL FACTS

Serves 10

Nutritional analysis per 1 cup: 221 calories, 6 g fat, 16 g protein, 30 g carbohydrate (25 g available carbohydrate), 5 g fibre, 141 mg sodium

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### MATH LESSON FOR KIDS

Sometimes in recipes, you'll see the word "tsp", which is short for teaspoon, and "tbsp" which is short for tablespoon. Those are measurements and you will use measuring spoons to get the right amount of the ingredients. Look on the handle of the measuring spoons to make sure you have the right one and that it matches what it says in the recipe. Sometimes it's hard to remember the difference between tsp and tbsp. Here's a trick that might help you:

- Tbsp has the letter "B" in it, which can help us to remember that it is Bigger than a tsp.
- 1 tbsp = 3 tsp

Activity to try: This recipe says it feeds 10 people, which is a lot! If you wanted it to feed 5 people instead, how much of each ingredient would you need?