

Bolognese ala anne

by Anne Vogler

Ingredients

| Ingredient | Amount |
|--------------------------------|---------------------|
| Can chopped tomatoes | 1 |
| Crushed Tomatoes | 500mg |
| minced Meat or Meat Substitute | 250g |
| Celery | 2-4 sticks |
| Carrots | 2-4 |
| Veggie Broth | 250ml |
| Garlic Cloves | 3-6 |
| Onion | one of the chonkers |
| dried Basil | some pinches |
| chili flakes | upon need |
| black pepper | uppon need |
| oil | for frying |

Instructions

1. chop the onion and the garlic cloves
2. chop the veggies
3. prepare the tomatoes
4. prepare the veggie broth
5. ready the meat
6. pour oil into a big deep dish pan
7. roast the onions until glassy
8. add the garlic cloves until the onions start to brown a little
9. add the meat- fry until no raw parts are visible anymore
10. add celery and carrots- fry until everything is a lil glassy and starts to soften slightly
11. add the veggie broth
12. add the tomatoes
13. add some basil
14. let it cook for about 15-20 minutes
15. enjoy with noodles, rice or other side dishes

Nutrients

| Nutrient | per 100g | Total |
|----------------------|----------|-------|
| Energy | | |
| Carbohydrates | | |
| Dietary Fiber | | |

| Nutrient | per 100g | Total |
|--------------------|-----------------|--------------|
| Sugar | | |
| Fat | | |
| Saturated Fat | | |
| Trans Fat | | |
| Cholesterol | | |
| Sodium | | |
| Protein | | |
| Vitamin A | | |
| Vitamin C | | |
| Calcium | | |
| Iron | | |

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