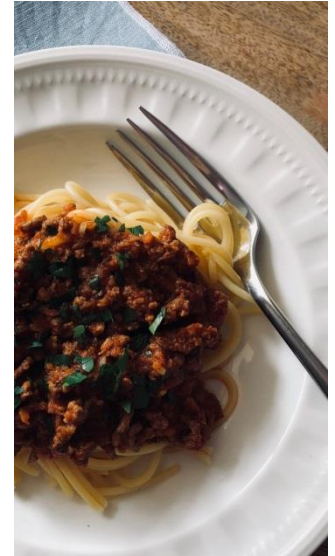


## Ingredients

Serves 6 - 48

	6 SERVES	24 SERVES	48 SERVES
Celery stalk	2	8	16
Medium Brown Onion , peeled	1	4	8
Carrot	1	4	8
Zucchini , small	1	4	8
Garlic clove	3	12	24
Small bunch of fresh basil, leaves only	1	4	8
Small bunch of fresh parsley, leaves only	1	4	8
Small bunch of oregano, leaves only	1	4	8
Bay leaf	1	4	8
Beef mince	500 g	2 kg	4 kg
Olive Oil	20 ml	80 ml	160 ml
Tomato Paste	150 g	600 g	1200 g
Tomato Puree	200 g	800 g	1600 g
Beef Stock	250 ml	1 L	2 L



1. Roughly chop celery, carrot, zucchini and onion and place in a food processor along with garlic cloves and herbs and process until a rough paste has formed.
2. Heat olive oil in a large saucepan and add herb and vegetable paste, brown.
3. Add beef mince and cook until the mince has browned, breaking up any lumps.
4. Add tomato paste, tomato puree and beef stock and simmer for 20 – 30 minutes to allow flavours to develop.
5. Serve on top of pasta or as a savoury mince on toast or with rice.

## Nutrition, hints and tips

- **The addition of vegetables and herbs add plenty of flavour as well as antioxidants.**

- **Finely grated liver can be added to boost the iron content of this dish**
- **A tin of lentils can be added to boost the fibre content.**