



NAMIBIA BUILDING WORKERS  
PENSION FUND

# Healthy Meals



## Spaghetti bolognese

### Instructions

- Select a large enough pot and put it on medium heat.
- Heat the oil in the pot
- Add the onions and the carrots
- Once the onions are a bit golden, you can add the garlic and stir
- Just a few minutes later, add the minced meat and stir well enough so that it does not stick together - fry it until it is no longer pink
- Then you can add the herbs as well as the tomato paste and stir well.
- Now you can put in the 2 tins of tomato and bring the mixture to boil.
- Spice with salt and pepper and paprika- according to taste.
- Lower the heat and cook for another 20 - 30 minutes
- Cook the spaghetti - follow the instructions on the box.

Enjoy -But not every day! Remember we need to cut down on red meat!

### Ingredients

- 500 gram of minced meat
- one large onion (chopped)
- one large carrot (finely diced)
- 2-3 garlic cloves (crushed)
- 3 tablespoons vegetable oil
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/2 teaspoon of Paprika powder
- 2 teaspoons Oregano (or mixed herbs)
- 500 g spaghetti
- 2 tablespoons tomato paste
- 1 -2 tins of crushed tomatoes (better choice is 9 medium-sized fresh tomatoes)

4-6  
PORTIONS



30 MINUTES

N\$135 APPROX.

