

CHEAP EASY MEALS



**SPAGHETTI
BOLOGHNESE
(OPTIONAL
VEGGIES)**



MUST HAVES

Mincemeat
(500grams)
Pasta
Pasta Sauce
Cooking Oil



OPTIONAL

Potato
Onion
Zucchini
Carrot
Broccoli
Mushrooms
Snowpeas

1

BOIL water!

Using a pot or kettle boil water and pour into a pot. Once the water is bubbling, add pasta (as much as desired). Cook for approx. 12 minutes, or until it tastes cooked!



SKIP STEP 2 IF NOT USING VEGGIES

2

BOIL and/ or FRY veggies

Note : things that come out of the freezer should be boiled.

Heat a fry pan (or pot) and then pour a tablespoon of oil into the pan. Wait for it to be hot.



3

FRY the meat

Heat a fry pan (or pot) and then pour a tablespoon of oil into the pan.

Wait for it to be hot.

Place the mincemeat inside the fry pan and have on medium heat.

Using a wooden or plastic spoon break up the meat so it is evenly cooked.

Cook meat until meat is brown (cannot see any red raw meat)



4

ADD Pasta Sauce

Once the meat is cooked, add pasta sauce.

Mix pasta sauce well and turn down the stovetop to low heat.

Wait and watch let the sauce thicken, occasionally stirring.

When satisfied, turn off the stovetop.



5

THICKEN sauce

For as long as desired

Add to pasta



READY TO SERVE!!

