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by ewfood

Hearty Meat Sauce

Ingredients

1fl oz. olive oil
1lb ground beef
1 onion, chopped
3 cloves of garlic, minced
salt and pepper to season
14oz. tin chopped tomatoes
14oz. tin tomato puree
1tsp. oregano
2fl oz. beef stock or red wine
pasta of your choice
1oz. fresh basil
2oz. parmesan cheese, grated

Servings
4
Person

Preparation

1. Heat half the oil in a large pan and brown the meat, drain the fat through a sieve and set the meat to one side
2. add the remaining oil to the pan and sauté the onions until soft, add garlic and cook until fragrant
3. Deglaze the pan with the stock or wine and cook until the liquid is reduced completely
4. add the tomato, tomato puree, oregano and the ground beef and simmer on a low heat for 2hours
5. Cook the pasta according to the packet instructions
6. Serve topped with basil and parmesan

Cooks Note

Serves 4