



LIFELINE RECIPES

February 2023



Have a veg dodger in the family? This 'hidden' veg ragu packs in celery, carrots and tomatoes with pork and beef mince to make a flavour-packed family meal

METHOD

STEP 1: Tip the garlic cloves into a food processor with the onions, celery and carrots. Blitz until finely chopped. Heat 2 tbsp oil in a frying pan over a medium heat, and fry the veg mix until soft and translucent, about 20 mins.

STEP 2: Meanwhile, heat the remaining oil in a second pan and fry all the mince until starting to brown, about 15-20 mins. Stir the vinegar into the mince, then season and stir into the fried vegetable mix.

STEP 3: Tip in the tomatoes, passata, tomato purée and stock. Reduce the heat to medium-low, cover and cook for 1 hr. After 30 mins (or once the oil separates), remove the lid so the ragu reduces and thickens. To freeze, leave to cool completely, then pack into freezerproof containers. Will keep frozen for up to three months. Serve over cooked short pasta.



GREENMILL
IN STOCK ON SITE ON TIME

HIDDEN VEG RAGU

PREPERATION TIME:

10 mins

COOKING TIME:

1 hr 20 mins

SERVES:

6

INGREDIENTS

4 garlic cloves
1 red onion, roughly chopped
1 white onion, roughly chopped
2 celery sticks, roughly chopped
2 small carrots, roughly chopped
2½ tbsp olive oil
250g beef mince
250g pork mince
2 tbsp balsamic vinegar
400g can plum tomatoes
400g tomato passata
2 tbsp tomato purée
400ml chicken or beef stock
cooked short pasta, to serve