

Autumn Recipes

Beef ragu adapted from a Jamie Oliver recipe (serves 10 people)

The theme of “change nothing, nothing changes” immediately made me think of making slow dietary changes, step by step. I am also an advocate of adding nutrients to the diet rather than necessarily taking anything away and so this recipe, a twist on an old favourite, adds more fibre and magnesium in the form of beans and extra vegetables whilst still including lean beef mince for iron and B vitamins, so vital for energy. As the recipe serves 10, it is ideal for freezing extra portions for another day.



Ingredients

2 rashers of un-smoked bacon, finely sliced
1 tablespoon olive oil
1kg lean minced beef
2x400g tins of beans such as borlotti or cannellini
2 sprigs of fresh rosemary, leaves picked
2 fresh bay leaves
Optional: red wine
2 large onions
2 large carrots
1 butternut squash
2 sticks of celery
3 tablespoons tomato puree
2 tablespoons balsamic vinegar
2 x 400g tins of plum tomatoes

Method

- 1 Preheat the oven to 200⁰ C/ 400⁰F/ gas mark 6.
- 2 Heat 1 tablespoon of olive oil in a large casserole pan and add the bacon, frying until golden. Stir in the meat and break up with a wooden spoon.
- 3 Drain the beans and add to the pan. Chop the rosemary leaves and add along with the bay leaves. Cook it all on a low heat for 20 minutes, or until dark golden, stirring regularly. Add a splash of wine (if using) or water if the mixture sticks to the bottom of the pan.
- 4 Peel the onions, carrots and butternut squash and trim the celery. Finely chop the vegetables, stir into the pan and cook for another 15 minutes.

- 5 Add the tomato puree and balsamic vinegar to the pan followed by the tinned tomatoes and two tins worth of water. Mix well, bring to the boil and put into the oven (uncovered) for 1 hour or until thick and reduced.
- 6 Taste, season with salt and pepper, and serve with wholemeal pasta or use as the base of a cottage pie or the filling for lasagne.

Sarah-Lynn Spruzen

Email: enquiries@healthynutrition.uk

Mobile: 07967 682865