beef ragu

recipe created by
function | FIT FOOD

under £5 for a family of 4

ingredients

500g beef mince
250g basmati rice
1 large onion
1 large carrot
250g mushrooms
2 tins of chopped tomatoes
1 tbsp of cooking oil
small handful of grated cheese
250ml beef stock (you can use a stock cube & boiling water)

method

▶ peel the onion & roughly chop, removing the core

▶ peel the carrot & chop into small dice

▶ quarter the mushrooms

▶ place a large saucepan on a medium heat with the cooking oil in

▶ when the pan is hot , add the beef mince & slowly cook, stirring now and then

▶ place the rice into another pan & cover with water, add a pinch of salt & place a lid on the pan, put the pan on a high heat & bring the rice to the boil

▶ when the beef is cooked through (it will only take a few minutes), add the onions, mushrooms & carrots to the pan & cook out for a couple of minutes

▶ as the rice starts to boil, remove the lid & cook until tender

▶ add the beef stock & chopped tomatoes to the pan & leave to simmer on the heat for 15 minutes, stirring occasionally

▶ drain the rice in a strainer & leave to dry while the ragu cooks

▶ take 4 clean bowls & share the rice out between them, then split the ragu in 4 & spoon over the rice

▶ sprinkle the cheese on top & serve!

Alterations ▼

...you could switch out the beef mince for **turkey, chicken** or **quorn** mince, just change the stock to fit alongside your protein

...you could also change the rice for **pasta, noodles** or **quinoa**