SUBMITTED BY
LastGroove

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★ ★ ★ ★ ★
Keine Stimmen

Bolognese Sauce



Bolognese sauce is tasty, nutritious, and easy to make—even in the middle of the forest.

This recipe serves 6 people.

By replacing canned tomatoes with tomato paste and water, you can make a larger batch of sauce.

Ingredients

- 3 onions
- 2 cans of tomatoes (whole tomatoes are fine—they’re cheaper, and they’ll break down anyway when heated and stirred)
- 500g ground meat (you can even use 250g)
- half to a whole head of garlic
- salt and pepper to taste
- basil and oregano (preferably fresh)

Recipe

In a small amount of oil, sauté the onions until they are soft

Add the canned tomatoes and ground meat to the onions (you can brown the meat with the onions first if you like; adding it along with the tomatoes reduces the chance that it will become tough).

Cook the sauce for about 5 minutes.

Add garlic, salt, and pepper.

Remove the pot from the heat.

Stir in the chopped herbs.

Serving

Bolognese sauce tastes great served with pasta (spaghetti in the woods can make quite a mess) or served with a slice of bread or campfire potatoes.

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