

Bulk Ground Beef recipe

December 2005

Ingredients:

- 1 family pack of extra-lean ground beef (approximately 4 lbs)
- 1½ large, chopped onions
- 4 grated carrots
- 3 sticks chopped celery
- ½ whole garlic
- Red lentils
- 680ml can Bravo Tomatoes
- 680ml can Hunts Spaghetti sauce
- 1 sachet Knorr beef bullion (pre-diluted in hot water)
- Italian seasoning, thyme and fresh ground pepper

Soak red lentils for 30 mins.

Gently pre-cook ground beef in a pan and drain.

In a large pot (say 4 litres or more), brown onions

To this, add: meat, carrots, celery, garlic (crushed), Italian seasoning, thyme and fresh ground pepper, lentils, beef bullion, Bravo tomatoes.

Cook for 15-30 mins.

Add one can of Hunts Spaghetti sauce.

Simmer for about 3 hours.

Leave overnight to cool and age.

Use this mix as part of a Shepherd's pie or enjoy with rice or pasta!