



Pasta Bolognese

Serves: 6 people **Total Cook Time:** 45 minutes



Ingredients

Instructions

- 1lb Ground Beef, seasoned with a dash of salt and pepper
- 8oz White Mushrooms, cut into bite size pieces
- 1 Small Onion, chopped
- 2 Carrots, peeled and cut into small cubes
- 2 Garlic Cloves, minced
- 1 bunch of Fresh Spinach, chopped
- 2 cups of Penne Pasta, uncooked
- 1 jar of Parmesan & Romano Pasta Sauce
- 1 tbsp Cooking Oil
- 1 tsp Parsley (optional)

1. In a large pan over medium - high heat, add the seasoned ground beef and cook until well browned. When done, remove the beef from the pan and set aside in a separate bowl.
2. In the same pan over medium heat, add the mushrooms and cook until golden brown. Once done, add the mushrooms to the bowl with the beef.
3. In the same pan still over medium heat, add the cooking oil, onion, carrot, and garlic. Cook until the carrots are soft and the onion is slightly browned - about 10-12 minutes. Add the jar of pasta sauce, the chopped spinach, the beef, and the mushrooms to the pan. Combine well then reduce heat to simmer and cover.
4. In a pot, cook the penne noodles according to instructions.
5. Portion out the noodles and top with the beef and vegetable sauce (*if you have parsley, add it during this step*), enjoy!