Lean Beef Bolognese

**Ingredients**
- 1 tbsp oil
- 3 tbsp Italian seasoning
- 500g extra lean ground beef
- 1 large onion, chopped
- 1-2 garlic cloves, finely chopped
- 2 tbsp flour
- 780g can diced tomatoes
- 70ml tomato paste (1/2 156ml can)
- 1 beef stock cube
- 2 tbsp Worcestershire sauce
- 150g mushrooms, sliced
- 1 x 540ml can, cooked lentils
- Salt and pepper, to taste

**Making it**
1. Add the oil to a fry pan over a medium/high heat. Cook for 1-2 mins and then add the Italian seasoning and onion and cook for another 2 mins
2. Fry the ground beef until browned
3. Drain off the excess fat from the browned beef. Transfer to a large pot
4. Add the flour to the beef and stir thoroughly through
5. Then add the garlic, tomato paste, canned tomato, beef stock cube, Worcestershire sauce, mushrooms and lentils to the pot
6. Cook on low for 30 mins – 1 hour (the longer it has the better the flavours will develop!)
7. Season to taste and
8. Serve over cooked pasta

**NUTRITION FACTS**
Servings: 4-5
**PER SERVING**
- Calories (kcal): 380
- Fat (g): 10.9
- Carbohydrate (g): 27.8
- Fibre (g): 5.6
- Protein (g): 42.3

**TIPS & HINTS**
This is an excellent dish to boost your iron intake because red meat contains heme iron. It also freezes really well.