

## Method

1. Cook spaghetti in boiling water according to packet directions.
2. Heat oil in a large frypan and add finely chopped onion and carrot. Cook until softened
3. Add garlic and cook for 2 minutes
4. Add mince and cook until browned, breaking mince up with a spoon.
5. Stir through spices – bush tomato, salt bush and pepper berry. Add dried mixed herb.
6. Add tinned tomatoes and allow to simmer for 15 minutes until sauce is thickened.
7. Stir sauce through cooked pasta and serve.



## Ingredients – Serves 40

- 3kg dried spaghetti
- ¾ cup olive oil
- 10 onions, finely chopped
- 10 carrots, finely chopped
- 20 cloves garlic, finely chopped
- 5kg lean beef mince
- 5 tablespoons **ground bush tomato**
- 2.5 tablespoons **ground salt bush**
- 2.5 tablespoons **mountain pepper berry**
- 2.5 tablespoons dried herbs
- 10 x 400g tinned tomatoes

### Notes:

Increase the serves of vegetables by including capsicum, mushrooms or celery. Dice them up very finely and the children likely won't even notice they are there!

Mountain pepper berry, ground bush tomato and ground salt bush can be purchased from

<http://www.thespicegirls.com.au>

OR

<http://www.bushfoodshop.com>.