



# VEGAN BOLOGNESE

## INGREDIENTS (SERVES 4)



2 onions  
3 carrots  
3 celery sticks  
1 can chopped tomatoes  
2 cans baked beans  
500g spaghetti  
2 vegetable stock cubes  
2 tbsp oil  
salt/pepper to season



## DIRECTIONS

1. Finely chop the onions, carrots and celery
2. Heat tablespoon of oil in saucepan and add veg
3. Add another tablespoon of oil while sautéing
4. Sauté for 5 minutes
5. Add beans, chopped tomatoes, stock and seasoning
4. Simmer for 25 minutes, stirring occasionally
5. Serve over spaghetti and enjoy

Send us a photo of you enjoying your meal - we'd love to see!  
Email: [givehelpshare@hotmail.com](mailto:givehelpshare@hotmail.com)