



Low FODMAP Bolognese Sauce

Serves: 6

Prep: 15 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Beef mince	500 g	17.6 oz
¾ cup lean, short cut bacon, finely diced (about 4 rashers depending on their thickness)	150 g	5.3 oz
1 cup carrot peeled and finely diced (1 large carrot)	160 g	5.6 oz
⅔ cup green leek or onion tops, finely chopped (about ½ bunch spring onion tops or ½ a leek top)	50 g	1.8 oz
1 cup red capsicum, deseeded and finely diced (about ½ a red capsicum)	130 g	4.6 oz
5 tbsp tomato paste	130 g	4.6 oz
1 tbsp olive oil	13 g	0.5 oz
1 tsp garlic infused oil	6 g	0.2 oz
1 tsp pepper, cracked black	6 g	0.2 oz
1 tsp thyme	1 g	0.04 oz
350ml boiling water	350 g	12.3 oz
⅔ cup parsley, finely chopped	33 g	1.2 oz

Method

1. Prepare bacon, carrot, capsicum, leek or green onion tops and thyme.
2. Heat the oils in a saucepan, then add bacon, leek tops, carrot, capsicum, pepper and thyme and fry for about 5-8 minutes.
3. Reduce the heat and add the tomato paste and mince and stir ensuring all the mince is broken up with no lumps as it lightly browns.
4. Increase the heat and add the boiling water, stir and bring to the boil. Reduce the heat, cover and simmer while occasionally stirring for about 15 minutes.
5. Add the chopped parsley then remove from the heat.

Hints

- Have we forgotten to add salt to the recipe? No! Bacon is salty so only add salt if you think it needs it.
- Be adventurous with your herbs! Try different combinations such as basil, rosemary and/or chives. Or just use the dry herbs in your pantry, such as thyme or rosemary (these will have a more intense flavour than fresh herbs so use a bit less).
- Why not sneak in some extra vegetables? Add some low FODMAP grated veggies like zucchini, eggplant, broccoli heads or celeriac towards the end of the cooking. Torn or chopped oyster mushrooms are also very tasty.
- This sauce keeps well in a covered container in the fridge for about 4 days. You can also freeze it either in batches or in portion sizes in snap seal bags.

Serving suggestions:

Apart from the obvious low FODMAP pastas available (check our Monash app) there are lots of other delicious ways to enjoy this versatile bolognese sauce. Some include:

- Brown rice, corn tortillas, rice noodles, brown rice vermicelli noodles, polenta and quinoa
- Use it in a lasagne
- As a filling for a baked potato
- Try it on toast! Any of our low FODMAP certified breads are perfect
- Top with freshly grated parmesan cheese or another low FODMAP cheese

But always remember to check our app or booklet for serving sizes!

Nutrition Information (per serve)	
Energy	1244 Kj / 297 cal
Protein	27.40g
Carbohydrates	6.20g
Sugar	5.30g
Total Fat	17.90g
Saturated Fat	6.70g
Fibre	3.10g