Low Tomato Bolognese Sauce



Potassium

Salt

Phosphorus

Ingredients

1 tbsp. oil 400g minced beef ½ large onion, chopped ½ tsp ground nutmeg 1 carrot, chopped 1 celery stick, finely chopped 1 garlic clove, finely chopped 1 reduced salt chicken or beef stock cube with 200ml water 100ml passata 10g fresh basil

Method

- Heat the oil in a pan and fry the onions, carrots and celery for 5 minutes. Add the garlic and fry for a further minute.
- 2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
- 3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
- 4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.

Nutritional Information (per portion)	
Energy (kcal)	280
Protein (g)	20.9
Potassium (mg/mmol)	455/11.4
Phosphorus (mg/mmol)	176/5.6
Sodium (mg/mmol)	397/17.1

This recipe is taken from the Kidney Friendly Cookbook produced by Dietitians and Dietetic Support Workers at a Paediatric Renal Unit in the UK. Please check with your Dietitian or Doctor that this recipe is suitable for you.