

# spaghetti bolognese

**prep time** 10mins

**cooking time** 20mins

**serves** 6-8



recipe by nutritionist Casey-Lee Lyons from Live Love Nourish. [www.livelovenourish.com.au](http://www.livelovenourish.com.au)

## ingredients

1 tbsp extra virgin olive oil  
1 small brown onion, diced  
2 cloves garlic, crushed  
2 tbsp tomato paste  
1 small carrot, finely grated  
1 small zucchini, grated  
1tbsp dried oregano  
500g organic beef mince  
150g organic beef liver or chicken liver  
400g crushed tomatoes  
250ml passata  
250ml bone broth  
Salt and pepper  
fresh oregano or parsley to serve

## method

1. in a large, deep frying pan heat extra virgin olive oil with onion and garlic. sauté until fragrant.
2. finely chop liver\* to a mince texture. add chopped beef liver to pan and cook until browned.
3. add beef mince and cook through. use a spatula to break up mince. Use a spoon to discard any excess fat from cooking.
4. add tomato paste, carrot, zucchini and oregano. sauté until soft veggies are soft.
5. add crushed tomatoes, passata and broth. bring to a boil then reduce to a simmer. cover and cook for 30-40 minutes. adjust seasoning to liking.
6. serve with your favourite spaghetti or vegetable noodles such as zucchini noodles or spaghetti squash.
7. garnish with fresh herbs.

## recipe tips

\* alternatively you can pre-freeze liver and grate instead of chopping

## about the author

passionate about inspiring others to live a healthy and happy life, naturopath and nutritionist Casey-Lee Lyons shares her healthy recipes, free from gluten, dairy and sugar, in a refreshing and simple way.

her easy-to-understand nutrition and lifestyle advice has helped many people improve their health and vitality and to live their healthiest and best life. to download her free recipe e-book or to browse through hundreds of delicious recipes visit [www.livelovenourish.com.au](http://www.livelovenourish.com.au) or follow Live Love Nourish on social media:

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