

FOOD ON THE RUN

Thanks to Leslie Krogmann for sending us these “quick and easy” mince recipes for Moms (or Dads) on the run.

RAND SAVER SPAGHETTI BOLOGNAISE (DELICIOUS)

- ½ packet of spaghetti cooked till soft in boiling water (salt & oil added)
- 600g mince (lean is better)
- 1pkt brown onion soup
- ½ cup water
- 2 Tsp tomato sauce
- 1 peeled tomato (optional)
- ½ cup grated cheese (optional)

Lightly brown the mince (5 mins max). Add soup, water & TSauce (and tomato). Simmer on the stove until the mince is cooked through, stirring occasionally.

Layer spaghetti and mince in a pyrex bowl and sprinkle cheese over (if applicable).

EASIEST MEAT BALLS EVER (DELICIOUS)

600g mince
1pkt brown onion soup
250ml plain yogurt

Mix together and form into balls. Bake in a moderate oven for 15 mins, turning halfway or microwave for 4 mins on med/high turning halfway.

We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.

Forward any recipes to me at: drocher@absamail.co.za

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