

Eagle's Quick and Easy Recipes

Spaghetti bolognese

Chop up an onion and cook it in a little oil or water. Add a crushed clove of garlic (or garlic powder or paste). Brown the mince (400 - 500 grams). Add Tomato paste 2 - 4 large dessertspoon's full and a teaspoon of mixed herbs. Add some water and maybe some beef stock powder if you have it (if cooking the onions in water I add the teaspoon of beef stock powder then). Simmer while the spaghetti is cooking (about a half a packet in lots of boiling water for 12 minutes).

To make the sauce go further you can add more water then thicken the sauce with cornflour

Chilli Con Carne

Chop up an onion and cook it in a little oil or water. Add a crushed clove of garlic (or garlic powder or paste). Brown the mince (400 - 500 grams). Add 2 tablespoons of Tomato paste and a teaspoon of mixed herbs. Add some water and maybe some beef stock powder if you have it (if cooking the onions in water I add the teaspoon of beef stock powder then). Add a heaped teaspoon of Paprika and chilli powder to taste (0 for scouts perhaps, 1/8th teaspoon for mild). Add tinned or frozen beans or other veg. When cooked ad two standard or 1 large can of baked beans in tomato sauce and reheat.

Curry

Chop up an onion and cook it in a little oil or water. Add a crushed clove of garlic (or garlic powder or paste). Add a teaspoon of curry powder (or more or less to taste) and cook it for a few seconds. Brown the mince (400 - 500 grams). Add a teaspoon of mixed herbs. Add some water and maybe some beef stock powder if you have it (if cooking the onions in water I add the teaspoon of beef stock powder then). Add vegetables at desired. I like to add a cut up apple and a handful of sultanas.

Serve with boiled rice.