

No added MSG,
preservatives
or colourants

SUFFICIENT FOR
2 MEALS



ITALIAN TOMATO COOK-IN-SAUCE



SERVING SUGGESTION

180 g





PENNE BOLOGNAISE OR SPAGHETTI BOLOGNAISE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Minced beef
50 g	Tomato paste (3 tbsp)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE (6 tbsp)
500 ml	Water (2 cups)
250 g	Pasta, Penne/Spaghetti

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the mince and cook until brown and free of lumps.
3. Add the tomato paste and mix through.
4. Mix the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE with the water and add to the mince. Bring to the boil.
5. Reduce heat and simmer for ± 10 – 15 minutes.
6. Cook the pasta in boiling salt water for ± 10 – 13 minutes or until al dente.
7. Drain the pasta and serve with the bolognese sauce.



TOMATO BREDIE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750 g	Meat (beef or lamb), cubed
50 g	Tomato paste (3 tbsp)
1 L	Water (4 cups)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE (6 tbsp)
500 g	Potatoes, diced (4 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Fry the meat until browned. Add the tomato paste.
3. Add 2 cups of the water and cook with the lid on until the meat becomes tender.
4. Mix the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE and the remaining water together, add to the meat.
5. Add the potatoes and cook for ± 20 - 30 minutes.



CHILI CON CARNE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Minced beef
25 g	Curry powder (2 tbsp)
50 g	Tomato paste (3 tbsp)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE (6 tbsp)
250 ml	Water (1 cup)
250 g	Corn kernels, frozen (2 cups)
420 g	Red kidney beans, drained and rinsed (1 tin)

METHOD

1. Heat the oil in a pot. Sauté the onions in the oil until soft.
2. Add the mince and cook until brown and free of lumps.
2. Add the curry powder and cook for ± 1 minute. Stir in the tomato paste.
3. Whisk the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE with the water and add to the mince. Add the corn and simmer for ± 10 minutes.
4. Add the beans and stir through.
5. Pour into a serving dish.

NOTE: Serve with Nachos, grated cheese, sour cream and guacamole or with steamed rice.



BEEF LASAGNE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
500 g	Minced beef
50 g	Tomato paste (3 tbsp)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE (6 tbsp)
250 ml	Water (1 cup)
100 g	SO GOOD WHITE SAUCE POWDER (1 packet)
500 ml	Milk/Water (2 cups)
250 g	Pasta, Lasagne sheets
100 g	Cheese, grated

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the mince and cook until brown and free of lumps.
3. Add the tomato paste and mix through.
4. Mix the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE with the water and add to the mince. Bring to the boil.
5. Reduce heat and simmer for ±10 – 15 minutes.
6. Whisk the SO GOOD WHITE SAUCE POWDER and milk or water together in a pot and bring to the boil, stirring continuously. Remove from the heat.
7. Cover the base of an oven dish with a layer of pasta sheets.
8. Spread half the mince mixture over the pasta sheets.
9. Place another layer of pasta sheets on top and spread the rest of the mince over.
10. Cover with a top layer of pasta sheets and then spread the white sauce over the top.
11. Sprinkle the grated cheese over and bake at 160°C for ± 30 - 40 minutes until golden brown on top.