

Easy meals with the
EcoStoof®



O R I G I N A L



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4 servings

- 1 minced onion
- 2 tablespoons of olive oil
- 300 grams of organic mince, beef or vegetarian
- 55 grams of spice mix for spaghetti Bolognese
- 1 chopped red bell pepper
- 8 dl water
- 300 grams of spaghetti
- 300 grams of fresh, washed spinach
- 30 grams of roasted pine nuts
- freshly ground salt and pepper to taste



Spaghetti Bolognese

Simple and healthy with (vegetarian) mince and spinach.



180 grams

2 min. 30 min. 

- 1 Heat the olive oil and fry the onion for 4 minutes. Add the minced meat and herb mix for spaghetti and fry while stirring until loose and browned.
- 2 Save some pepper and spinach for garnishing. Add the remaining pepper and fry for 1 minute.
- 3 Add the water and spaghetti and bring to a boil over high heat until the spaghetti slides in the pot.
- 4 Place the spinach on top of the mixture and cook for 2 minutes over high heat with the lid on.
- 5 Add to the EcoStoof® for 30 minutes or more.
- 6 Season with salt and pepper.
- 7 Serve in dishes or plates with the roasted pine nuts.
- 8 Garnish with pepper and fresh spinach leaves.



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