



Savoury beef cannelloni

Ingredients

Carrot	75 g
red pepper	50 g
green pepper	50 g
onion	150 g
garlic	2 cloves
mature cheddar cheese	75 g
smoked back bacon	1 rasher
sunflower oil	2 X 15 ml
lean minced beef	200 g
tomato puree	20 ml
beef stock	2 X150 ml
Dried oregano	10 ml
tinned chopped tomatoes	400 ml
passata	100 ml
sugar	pinch
dried cannelloni tubes	12
seasoning	

Oil for greasing the oven proof container

Oven: 180 °C / gas mark 4

Method

1. Preheat oven
2. Peel and grate the carrot
3. Cut the peppers into small dice
4. Finely dice the onion and finely chop the garlic
5. Grate the cheddar cheese
6. Cut the bacon into small even pieces
7. Heat 15ml of sunflower oil in a medium pan and sweat 50 g of the onion for 5 minutes
8. Add the carrot and peppers and cook for a further 2 minutes. Remove from the pan and reserve until required.
9. Return the pan to the heat and when hot brown the mince. Drain off any excess fat
10. Add the bacon and cook for a further 2 minutes
11. Add the tomato puree and cook for 1 minute
12. Return the reserved vegetables to the mince; add 150ml of the beef stock and 2.5 ml of the oregano. Stir well and simmer uncovered until the liquid has evaporated
13. Taste and season if required; remove from the heat.
14. Heat the remaining oil in another pan.

15. Sweat the remaining onion for 5 minutes until soft
16. Add the garlic to the onion and continue to cook for 2 minutes
17. Add the chopped tomatoes, passata, sugar, the remaining beef stock and oregano simmer for approximately 15 minutes. Allow to cool slightly
18. Fill the cannelloni tubes evenly with the mince mixture and place in a single layer in a lightly oiled ovenproof container, 22 cm x 22cm approximate
19. Taste and season the tomato sauce if required. Pour over the filled cannelloni
20. Sprinkle the cheese evenly over the tomato sauce.
21. Bake for approximately 20 -25 minutes until the pasta is cooked
22. Clean the dish and serve hot, in the cooking dish, garnished appropriately.