

Bolognese Sauce

Prep Time: 25 Minutes

Cook Time: 60 Minutes

Yield: 12 servings

Ingredients:

Olive oil	4 tbsp
Garlic cloves, crushed	8
Onion, diced	2
Carrot, diced	2
Celery rib, diced	2
Ground beef	3 lbs
Beef broth	2 ½ cups
Whole milk	2 cups
Whole tomatoes with juice	2 - 28 oz cans
Tomato paste	8 tbsp
Italian seasoning	1 tsp
Bay leaf	2
Salt	1 tsp
Black pepper	½ tsp
Pasta	For serving

Method:

1. Cook onion in oil over medium heat until it starts to soften, about 3-4 minutes. Add garlic, carrot and celery. Cook until softened, an additional 5 minutes.
2. Add beef. Brown until no pink remains. Drain fat. Add broth and simmer until evaporated, about 7-9 minutes. Add milk and simmer until evaporated, about 6-7 minutes.
3. Stir in tomato paste, Italian seasoning, tomatoes with juice and bay leaf. Break tomatoes up with a spoon. Cover and simmer for 30 minutes or until thickened. Season with salt & pepper to taste.
4. Meanwhile, cook pasta according to package directions. Drain, reserving 1 ½ cups of pasta water.
5. Toss pasta with sauce adding pasta water to thin out if needed.
6. Serve hot with parmesan cheese.