

## **Bolognese (Meat) Sauce**

### Ingredients:

3 Tbsp. extra virgin olive oil  
1 medium onion, minced, (1 cup)  
1 medium carrot, peeled, finely cut, (½ cup)  
½ cup minced celery (with leaves), kosher salt  
1 lb. ground beef  
1 lb. ground pork  
½ cup dry red wine  
1 Tbsp. tomato paste  
2 29 oz. cans whole tomatoes, hand crushed, including liquid  
3 bay leaves, freshly ground black pepper, hot water

### Directions:

Heat olive oil in large saucepan over medium heat. Add onions, carrots, and celery, a sprinkling of salt and cook about 4 minutes until onions are translucent. Add meat & continue cooking (stir to break up the meat), until all or most of the liquid is evaporated and meat is lightly browned...about 10 minutes. Add wine and cook for about 4 minutes until it has been incorporated in the mixture. Add tomato paste and cook a few more minutes. Add tomatoes, bay leaves, lightly salt & pepper.

Bring to a boil, reduce heat to simmer. Cook, stirring occasionally, about 2 ½ -3 hours.

The sauce will be dense, juicy and a rich dark color.

While sauce is cooking, add hot water, if necessary to cover vegetables.

A layer of oil may float to the top, but can be removed with a spoon, or just stirred back into the sauce.

This recipe make 6 cups, enough for about 1 ½ lbs. of pasta.

This sauce freezes well and is excellent with all sizes of dry or fresh pasta, but also is wonderful over cooked spaghetti squash\*!

\* For spaghetti squash, preheat oven to 375. Cut squash in half, lengthwise, remove seeds, add olive oil, garlic powder, salt & pepper. Place upside down on baking sheet. Bake for 45 minutes, turn over & bake for another 15 minutes. Cool slightly. Use fork to loosen and/or remove the strands.

Top with Bolognese sauce and add parmesan cheese.