

Beef Bolognese

Compliments of Chef Richard's Kitchen

6 Servings

2 Tbsp olive oil
2 clove garlic, minced
1 onion, finely diced
1 lb ground beef 80/20
1 lb ground pork
2 cube beef bouillon
 $\frac{3}{4}$ C red wine
28 oz crushed San Marzan
tomatoes
2 Tbsp tomato paste
2 tsp sugar
2 tsp Worcestershire sauce
3 bay leaves
1 tsp dried thyme
1 tsp dried oregano
salt and pepper

parmesan cheese, for garnish
parsley, or basil, for garnish
12 oz dried spaghetti or egg
Noodles



Place beef bouillon in $\frac{1}{4}$ C hot water and allow it to bloom (dissolve.)

In a large sauté pan, heat olive oil, Add diced onions and sauté until softened and translucent. Add garlic and sauté until fragrant.

Raise heat to high and add beef and pork. Brown the meat while using your spoon to break it into small pieces. Add wine and allow a couple of minutes for the alcohol to boil away. Reduce to a medium simmer. Add remaining ingredients, making sure bouillon has completely dissolved. Simmer with lid on for 30 – 45 minutes, stirring often.

While sauce simmers, boil water in a stock pot. Add olive oil to water and place pasta in pot. Cook until al dente. Drain. Place serving of pasta on plate and spoon bolognese sauce over the top. Grate parmesan cheese over top and garnish with parsley.

Nutrition Facts	
Portion Size	304 g
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Amount Per Portion	538
Calories	
	% Daily Value *
Total Fat 25g	32 %
Saturated Fat 9.2g	46 %
Cholesterol 82mg	27 %
Sodium 641mg	28 %
Total Carbohydrate 42g	15 %
Dietary Fiber 3.6g	13 %
Sugar 6.8g **	
Protein 32g	64 %
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Vitamin D 0.1mcg **	0 %
Calcium 97mg	7 %
Iron 5.4mg **	30 %
Potassium 806mg	17 %
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>