

tomato Bolognese meat sauce

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Bolognese is a rich meaty tomato sauce that is a signature dish from Bologna, Italy. In the capital city of Emilia-Romagna, Bolognese is typically served over tagliatelle pasta, or other thick noodles. (but almost never over spaghetti) Deeply rich and meaty, as opposed to saucy, it is the trait that is different in a Bolognese sauce verses spaghetti meat sauce.

There are as many variations of this meat sauce as there people who make it. These variations are the cause of sometimes heated debates. Garlic or no garlic, red or white wine, the amount of tomatoes, did the sauce really originate in Bologna. etc, etc. However the basis of a good Bolognese stays the same. A good Bolognese is a labor of love. But if you have a prep plan in place and a little extra time it really is an easy sauce to make. And you can make it ahead of time , it's freezer friendly too!! So make a double batch one for one and one to freeze for a ready made meal.

Notes for this tomato Bolognese meat sauce

It may seem like a long list of ingredients, to make this tomato Bolognese meat sauce but note that most are pantry staples you probably have on hand.

I use only ground beef to make my Bolognese. If you prefer, you can use a mix of beef, pork or Italian sausage.

A good Bolognese sauce benefits from the saltiness and smokiness of a cured meat such as pancetta or bacon. I prefer

to use pancetta, but use bacon if that is easier for you to get or if it is what you have on hand.

Onions, carrots and celery also known as soffritto in Italian are non-negotiable in a Bolognese sauce. You can chop them by hand or use a food processor to save time on the chopping.

My tomato Bolognese meat sauce is not a complicated recipe and my version doesn't stray from the classic. It always starts the same way with a soffritto.

So here's the thing to make this tomato Bolognese meat sauce recipe easy and stress free you need to plan ahead. Gather the best ingredients , chop the vegetables before and store them in the fridge . make a large when you have time, portion it, and freeze for quick meals.

These shortcuts will deliver a delicious, rich sauce without the stress. ENJOY!!!

Ingredients

- 3 Tbsp. olive oil
- 1 1/2 lb. lean ground beef
- 1 cup diced pancetta
- 1 cup each chopped onion+ carrots + celery
- 2 Tbsp. minced garlic
- 1 cup red wine
- 1 28 oz. crushed tomatoes
- 2 cups beef broth
- 1 cup milk
- pinch of nutmeg
- 1 Lb. tagliatelle
- Grated parmesan and Italian parsley for serving

Instructions

1. Start by cooking the pancetta in the olive oil over medium high heat in a stock pot or Dutch oven.
2. Once the pancetta is crispy add the onion, celery, carrots and garlic. Cook until soft and translucent.
3. Add in the ground beef and cook until brown. Then deglaze the pot with the red wine waiting until it evaporates before adding the beef stock ,crushed tomatoes and milk. Add the pinch of nutmeg and a few bay leaves.
4. Cover and simmer for 1 1/2 hours
5. Cook your pasta el dente
6. Toss in tis delicious pasta sauce. Top with freshy grated parmesan cheese and chopped Italian parsley.
ENJOY!!!