



# Classic Bolognese

## Instructions

- 01 In a large pot, heat oil until shimmering. Add onion and sautee until very soft. About 8 minutes.
- 02 Once onions are soft, add the garlic, red peppers, and carrots, and saute until soft. About 5 minutes.
- 03 Add the white wine and stir, making sure to scrape away any brown bits (this is known as deglazing).
- 04 Add the ground beef and cook until brown all the way through. About 8 minutes.
- 05 In the meantime, start a pot of water for the pasta and cook until al dente.
- 06 Add the crushed tomatoes, parsley, and basil, and cook over low heat until sauce thickens. About 20-30 minutes. You can choose to simmer the sauce for longer to allow for the flavors to fully develop.
- 07 Stir in parmesan and serve. Garnish with additional parmesan.

## Ingredients

- 1/4 cup cooking oil
- 1 medium onion, coarsley chopped
- 2 garlic cloves, peeled and chopped
- 1 red bell pepper, chopped
- 1 carrot, chopped
- 3 oz. white wine
- 1 lb. ground beef
- 1, 28 oz. can crushed tomatoes
- 1/4 cup flat leaf parsley, chopped
- 8 fresh basil leaves, chopped
- salt and pepper
- 1/4 cup grated parmesan cheese
- 1 lb. pasta such as ziti or tagliatelle

## Prep Time

- Prep | 20 m
- Cook Time | 45-60 m
- Serves | 4-6