



Valerie39s Bolognese Sauce

Jacob · 30/09/2024



Prep Time

1 hr 55 mins

Difficult

Medium

Servings

4

Description

I wanted a good meat sauce but was having trouble finding that one recipe that knocked my socks off so I altered a few and came up with my own Of course it goes well with all types of pasta and in the traditional Spaghetti ala Bolognese But I also use this as my sauce in lasagna baked ziti pizza you name it It gives everything that extra oomph

Ingredients

- - 2 tablespoons olive oil - 1 onion
- finely chopped - 1 carrot
- finely chopped - 1 stalk celery
- finely chopped - 2 cloves garlic
- minced - ½ pound ground beef - ½ cup red wine - ½ cup milk - 1 pinch ground nutmeg - 1 (28 ounce) can crushed tomatoes - 1 tablespoon white sugar - 1 teaspoon dried oregano - salt and pepper to taste

Instructions

1. Heat olive oil in a large saucepan over medium-low heat
2. and cook and stir the onion
3. carrot
4. celery
5. and garlic until the vegetables are soft and beginning to brown
6. about 8 minutes. Place the ground beef into the pan
7. and cook and stir
8. breaking the meat apart as it cooks
9. until well browned
10. about 10 more minutes. Pour in the red wine
11. bring to a boil
12. and cook until the liquid is almost absorbed
13. 10 to 15 minutes. Pour in the milk and nutmeg
14. and cook
15. stirring occasionally
16. until the milk is almost absorbed
17. 10 more minutes. Stir in the crushed tomatoes
18. sugar
19. and oregano
20. bring to a simmer
21. and reduce heat to low. Simmer uncovered 1 hour
22. stirring occasionally. Season to taste with salt and pepper. Cook's Notes For a little something extra
23. you can also add 3 or 4 slices of chopped bacon with the onions
24. carrots
25. celery and garlic. If you don't use or drink red wine
26. just substitute grape juice or cranberry pomegranate juice - I've done both with outstanding results.