

Valerie's Bolognese Sauce

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!

Submitted by **valerie160** |

Prep Time: 15 mins

Cook Time: 1 hr 40 mins

Total Time: 1 hr 55 mins

Servings: 4

Yield: 4 servings

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

Directions

Step 1

Heat olive oil in a large saucepan over medium-low heat, and cook and stir the onion, carrot, celery, and garlic until the vegetables are soft and beginning to brown, about 8 minutes. Place the ground beef into the pan, and cook and stir, breaking the meat apart as it cooks, until well browned, about 10 more minutes. Pour in the red wine, bring to a boil, and cook until the liquid is almost absorbed, 10 to 15 minutes. Pour in the milk and nutmeg, and cook, stirring occasionally, until the milk is almost absorbed, 10 more minutes.

Step 2

Stir in the crushed tomatoes, sugar, and oregano, bring to a simmer, and reduce heat to low. Simmer uncovered 1 hour, stirring occasionally. Season to taste with salt and pepper.

Cook's Notes

For a little something extra, you can also add 3 or 4 slices of chopped bacon with the onions, carrots, celery and garlic.

If you don't use or drink red wine, just substitute grape juice or cranberry pomegranate juice - I've done both with outstanding results.

Nutrition Facts

Per serving: 386 calories; total fat 23g; saturated fat 8g; cholesterol 51mg; sodium 332mg; total carbohydrate 28g; dietary fiber 6g; total sugars 8g; protein 15g; vitamin c 24mg; calcium 141mg; iron 4mg; potassium 958mg

