

Pasta Bolognese

Ingredients

- ½ pound ground beef
- ½ pound ground pork or veal
- ½ pound Italian sausage (out of casing)
- 1 cup diced onion
- ½ cup diced celery
- ½ cup diced carrot
- 5 cloves chopped garlic
- 1 tbl tomato paste
- 36 ozs marinara sauce
- ¾ cup red wine
- ½ cup chicken stock
- ½ cup milk
- 1 bay leaf
- 1 ½ tbl salt
- ½ tbl chopped thyme

Marinara Sauce

- 1 medium yellow onion, diced small
- 2 tablespoons extra-virgin olive oil
- 1 pinch kosher salt
- 6 cloves of garlic, minced
- 1 bunch fresh basil, chopped
- 1 1/2 tbl oregano
- Pinch chile flakes (optional)
- 2 (28-ounce) cans of chopped tomatoes
- 1 cup chicken stock

Directions

- Sear the ground beef, ground pork and the Italian sausage over high heat for about five minutes then drain. Add half a tablespoon of salt and give the meat a quick stir.
- Drain the excess fat from the Dutch oven before adding the chopped garlic and thyme. Cook the garlic and thyme for about two minutes over medium-low heat.
- Add the chopped carrots, celery, and onion. Continue to stir and turn stove to low heat.
- Season the veggies with salt and cook them over low heat for another 15 minutes until they turn soft, stirring every few minutes.
- Add the tomato paste and lightly cook into the vegetables. Then pour the red wine into the mixture and let it reduce until there isn't much liquid left. Continue to stir often to ensure the wine and vegetables don't burn.
- Once the wine has reduced, add the browned meat back and the marinara sauce into the Dutch oven. Stir everything together and cook for around 40 minutes. Stir every few minutes to stop ingredients from sticking to the bottom of the pan.
- Add the milk and mix everything together, allowing the sauce to simmer for another 10 minutes. Then remove pan from the heat.
- As the sauce finishes, cook pasta in a pot of salted boiling water (pappardelle recommended).
- Remove the bay leaf and add another half tablespoon of salt to season everything.
- Dump pasta into the Dutch oven and mix it with the bolognese sauce and then serve and enjoy.