

## Easy Bolognese Style Sauce



### Makes:

6 cups sauce; 8 servings, 6 ounces each

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Roaster with Cover

**Rate** ★★★★★

### Recipe:

### Contributed By:

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### Recipe Description:

This rich and flavorful meat and tomato sauce is inspired by the classic Bolognese sauce, originating in Bologna, Italy. The variations to this sauce are endless, but always include finely minced onions, carrots and celery, also known as *sofritto*. Substitute red wine for white wine and include milk in the sauce for a more classic version.

1 onion, strung, use Cone #2  
4 cloves garlic, shredded, use Cone #1  
3 celery stalks, finely minced  
2 carrots, trimmed, scrubbed and julienned, use Cone #2  
1 pound  
lean ground beef  
(454  
g)  
1 pound  
ground Italian sausage  
(454  
g)  
6 ounces  
tomato paste  
(170  
g)  
1 cup  
dry red wine  
(240  
ml)  
1 teaspoon  
dried basil  
(1  
g)  
¼ cup  
fresh parsley leaves, chopped  
(15

g)  
salt and fresh ground pepper, to taste

**Directions:**

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, approximately 7 - 9 minutes, add onions, garlic, celery and carrots. Sauté for 10 - 12 minutes until vegetables are softened and lightly caramelized.
2. Add ground beef and sausage. Place cover on roaster. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook 20 - 30 minutes, until meat is cooked through.
3. Stir and break meat up with spoon. Add tomato paste, dry red wine and basil. Place cover back on roaster and cook over low heat for 40 - 50 minutes.
4. Add parsley, salt and fresh ground pepper to taste.
5. Serve sauce with thick tagliatelle, pappardelle or tube style pastas such as rigatoni or penne.

**Tips:**

- Freeze cooled meat sauce in freezer containers for a quick weeknight meal.
- Serve meat sauce over broccoli rabe, roasted broccolini, grilled vegetables or over soft-style polenta.
- Use a variety of ground meats: ground turkey, veal, beef, or hot sausage.

Nutritional Information per

▼ Serving

**Calories:** 392  
**Total Fat:** 28g  
**Saturated Fat:** 10g  
**Cholesterol:** 82mg  
**Sodium:** 886mg  
**Total** 10g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 5g  
**Protein:** 20g