



This is somewhat of an authentic Ragu Bolognese. Traditionally Ragu Bolognese originates from Bologna Italy and is served with fresh tagliatelle. It's a staple in Great Britain house holds and lovingly referred to as "spag bol." Britain has adapted their own recipe which incorporates Worcestershire sauce and the Bolognese is served over spaghetti. This recipe is singular to anything you purchase in a jar. It embodies all the characteristics that a Bolognese should have; thick, intense and mahogany in color. This is a humble and homey dish with tons of flavor and a real crowd pleaser. My cost per serving for this recipe is \$1.42.

Serves 6 1 cup portions

Ingredients

1 1/4 lb. lean ground beef

12 oz. smoked bacon or pancetta

1 26 oz jar or can of tomato sauce

1 cup diced carrots, 2 medium

1 cup diced onion, 1/2 large onion

1 cup diced celery, 2 large ribs

1/2 cup red wine

1/4 cup whole milk

3 large cloves garlic minced about 1 tbsp

1 tbsp dried mixed Italian herbs

1 tsp black pepper

2 pinches dried chili flakes if you like a little added heat

1/2 tsp ground nutmeg

Method

Dice bacon or snip with kitchen shears into a large Dutch oven.

Sweat over medium high heat adding diced vegetables.

Add meat and brown gently, taking care not to over brown the meat.

Add red wine, tomato sauce, herbs and spices to meat vegetable mixture.

Simmer over a low heat 3-4 hours or until sauce is rich and dark in color.

Finish sauce by adding the milk, stir to combine into sauce.

Serve over freshly boiled and drained pasta. Enjoy.