



SPAGHETTI WITH HOMEMADE BOLOGNESE SAUCE

Family dish with rich meaty sauce. Choose your favorite pasta

 25 minutes

 1 hour and 15 minutes

 6 portions

INGREDIENTS

- 115 grams of bacon, turkey, unprepared
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 large unit of onions, raw [150 g]
- 1 large unit [7-1/4" to 8-1/2" long] of carrots, raw [72 g]
- 600 grams of naturally steam peeled diced tomatoes [1,5 or 2 tins]
- 900 grams of beef, ground, regular, raw
- 1 tsp of salt, table [6 g]
- 0.8 tps, ground of spices, pepper, black [2 g]
- 50 grams of wine, white, dry, 11°
- 20 grams of tomato paste, canned
- 200 grams of button mushroom or cultivated mushroom, raw
- 2 tps, leaves of spices, oregano, dried [2 g]
- 3 cloves of garlic, raw [9 g]
- 300 grams of dried pasta, wholemeal, raw
- 1 cup, grated of cheese, parmesan, low sodium [100 g]
- 7.5 leaves of basil, fresh [4 g]

COOKING METHOD

- 1° In a large, heavy pot or Dutch oven, cook diced bacon over medium heat until crisp, stirring frequently, 5-6 minutes. Transfer to paper towels with a slotted spoon; set aside.
- 2° Add oil to pot and then add chopped onion, garlic and sliced carrots; cook, stirring frequently, until pan is nearly dry and vegetables are soft, 6-8 minutes. Add sliced mushroom, and Stir in tomato paste; cook 1 minute. Add beef, salt, pepper; cook, breaking up meat with a wooden spoon, until no longer pink, 3-5 minutes
- 3° Add wine; simmer, stirring often, until wine is reduced by half, about 5 minutes. Add tomatoes and reserved bacon; bring to a boil over high heat. Reduce heat to a low simmer; cook, uncovered, stirring occasionally, for 30 minutes [add a bit of hot water if necessary to keep meat and vegetables from sticking].
- 4° Simmer for another 5 minutes. Taste, adjust seasoning and serve.
- 5° Cook the pasta as indicated on the pack and serve with the bolognese sauce
- 6° Cook the pasta as indicated on the pack and serve with the bolognese sauce
- 7° Cook the pasta as indicated on the pack and serve with the bolognese sauce Serve with grated parmesan cheese on top and fresh basil leaves
- 8° You can as well add dried basil in the process of cooking the bolognaise sauce

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (424 g)	% DRI
ENERGY	193 kcal	817 kcal	41 %
FAT	12 g	49 g	75 %
FATTY ACIDS, TOTAL SATURATED	5 g	20 g	99 %
CHOLESTEROL	30 mg	129 mg	43 %
SODIUM	218 mg	923 mg	38 %
CARBOHYDRATE	11 g	46 g	15 %
SUGARS	2 g	6 g	—
FIBER	2 g	7 g	26 %
PROTEIN	10 g	43 g	—