

Bolognese Sauce

This Bolognese Sauce is authentic to Bologna, Italy. It is traditionally mixed into Tagliatelle noodles. Americans like to serve this "meat sauce" on spaghetti noodles. It is also used in the traditional Lasagna Verde. The recipe will make 5-6 quarts and you may want to double the recipe to have a lot in your freezer. You can serve the sauce immediately after making it, but to enhance the flavor, let the pot marinate overnight in the refrigerator. Ladle the remaining sauce into containers for the freezer.

1	large	onion	3	cups	chicken stock
4	medium	peeled carrots	2	28-ounce can	crushed tomatoes
4	stalks	celery	16	ounces	tomato paste
8	cloves	garlic	¼	teaspoon	nutmeg
10	sprigs	parsley	1	teaspoon	dried oregano
3	Tablespoons	olive oil	1	teaspoon	dried basil
1	pound	ground pork	1	teaspoon	dried thyme
1	pound	ground beef	1		salt and pepper to taste
½	pound	ground ham, salami or Italian sausage	1 ½	cups	milk or light cream
3	cups	dry red wine			

- 1 In food processor with metal blade, process onion, carrots, garlic, celery and parsley until finely ground.
- 2 In a large spaghetti pot, heat olive oil, saute vegetables over moderately high heat until golden, about 10 minutes.
- 3 Stir in the ground pork, beef and ham/salami/Italian sausage. Cook, stirring and breaking up the meat, until it is browned.
- 4 Stir in the wine, then the chicken stock and tomato products, along with the nutmeg, oregano, basil and thyme. Season with salt and pepper.
- 5 Reduce heat and simmer uncovered, stirring occasionally, until mixture is reduced and thickened, about one hour or longer.
- 6 Let cool slightly before stirring in the milk. You can serve the Bolognese sauce immediately over pasta or in your recipe. To enhance the flavor, let the pot marinate overnight in the refrigerator. Ladle remaining sauce into containers for the freezer.

Servings: 24

Yield: 6 quarts

Preparation Time: 30 minutes

Cooking Time: 1 hour and 30 minutes

Total Time: 2 hours

Nutrition Facts

Nutrition (per serving): 214 calories, 101 calories from fat, 11.2g total fat, 35mg cholesterol, 397.4mg sodium, 686.4mg potassium, 12.4g carbohydrates, 2.7g fiber, 4.4g sugar, 11.8g protein.

Source

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