

# Weeknight Bolognese from Ina Garten

Adapted from Ina Garten, 2011



2 tablespoons olive oil, plus extra to cook the pasta

1/2 cup yellow onion

1 pound lean ground beef, sirloin, if possible

4 teaspoons minced garlic (about 4 cloves)

1 tablespoon dried oregano

1/4 teaspoon crushed red pepper flakes

1 1/4 cups dry red wine, divided

28 ounces crushed tomatoes, preferably San Marzano

2 tablespoons tomato paste

Kosher salt and freshly ground black pepper

3/4 pound pasta, such as orecchiette or small shells

1/4 teaspoon ground nutmeg

1/4 cup fresh basil leaves, lightly packed, chopped

1/4 cup heavy cream

1/2 cup Parmesan cheese, freshly grated, plus extra for serving

*Serving Ideas: Ina recommended orrechiette because the little cups hold some of the sauce in each bite.*

## Beef

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 5

*If you can't buy San Marzano type tomatoes (there is a brand called San Marzano, but they're not really San Marzano tomatoes), use other brands, but add in about 1/2 tsp of sugar to the sauce. I also added about 1/2 tsp. of beef concentrate (from Penzey's) just for extra flavor. I also let it simmer for about 30 minutes - longer at least than the recipe indicated.*

1. Heat 2 tablespoons of olive oil in a large (12-inch) skillet over medium-high heat. Add the onion and saute for about 5 minutes, then add ground sirloin and cook, crumbling the meat with a wooden spoon, for 5 to 7 minutes, until the meat has lost its pink color and has started to brown. Stir in the garlic, oregano, and red pepper flakes and cook for 1 more minute. Pour 1 cup of the wine into the skillet and stir to scrape up any browned bits. Add the tomatoes, tomato paste, 1 teaspoon salt, and 1 1/2 teaspoons pepper, stirring until combined. Bring to a boil, lower the heat, and simmer for 20 minutes.
2. Meanwhile, bring a large pot of water to a boil, add a teaspoon of salt, a splash of oil, and the pasta, and cook according to the directions on the box.
3. While the pasta cooks, finish the sauce. Add the nutmeg, basil, cream, and the remaining 1/4 cup wine to the sauce and simmer for 8 to 10 minutes (or up to 20 if you think it needs it), stirring occasionally until thickened. When the pasta is cooked, drain and pour into a large serving bowl. Add the sauce and 1/2 cup Parmesan and toss well. Serve hot with Parmesan and more basil on top.

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Per Serving (excluding unknown items): 729 Calories; 33g Fat (42.4% calories from fat); 32g Protein; 68g Carbohydrate; 6g Dietary Fiber; 91mg Cholesterol; 521mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.