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# Bolognese Meat Sauce

Frances Wallin

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 6

**2 tablespoons butter**  
**4 tablespoons olive oil**  
**1 medium onion, finely chopped**  
**2 tablespoons pancetta or unsmoked bacon, finely chopped**  
**1 carrot, finely sliced**  
**1 stalk celery, finely sliced**  
**1 clove garlic, finely chopped**  
**12 ounces lean ground beef**  
**salt**  
**freshly ground black pepper**  
**2/3 cup red wine**  
**1/2 cup milk**  
**1 can (14 ounce) plum tomatoes, chopped with their juice**  
**3 bay leaves**  
**1/2 teaspoon fresh thyme leaves**

In a heavy saucepan or earthenware pot, heat the butter and oil. Add the onion. Cook over moderate heat for 3 to 4 minutes. Add the pancetta. Cook until the onion is translucent. Stir in the carrot, celery and garlic. Cook an additional 3 to 4 minutes.

Crumble the beef into the vegetables with a fork. Stir until the meat loses its red color. Season with salt and pepper. Pour in the wine. Raise the heat slightly and cook until the liquid evaporates, 3 to 4 minutes.

Add the milk. Cook until it evaporates. Stir in the tomatoes with their juices and the herbs. Bring the sauce to a boil. Reduce the heat to low. Simmer, uncovered, for 1-1/2 to 2 hours. Stir occasionally.

Taste to correct the seasoning before serving.

(The sauce keeps well in the refrigerator for several days. Freezes well.)

## Condiments, Sauces

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*Per Serving (excluding unknown items): 311 Calories; 25g Fat (77.6% calories from fat); 11g Protein; 5g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 117mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.*