
Spaghetti Bolognese II

Mae Logisci

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

1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, chopped
1 carrot, peeled and chopped
1 stalk celery, chopped
1/3 cup diced pancetta or bacon
12 ounces lean ground beef
1 can (14 ounce) chopped tomatoes
2 teaspoons dried oregano
1/2 cup red wine
2 tablespoons tomato paste
salt
pepper
12 ounces dried spaghetti

In a large skillet, heat the oil. Add the olive oil, onion, garlic, carrot and celery to the skillet. Saute' for 3 minutes until beginning to brown. Add the beef and cook over high heat for 3 minutes until the meat is brown. Stir in the tomatoes, oregano and red wine. Bring to a boil. Reduce the heat and simmer for approximately 45 minutes.

Stir in the tomato paste. Season with salt and pepper.

Cook the spaghetti according to package directions. Drain thoroughly. Transfer the spaghetti to a serving dish and pour the Bolognese sauce over it. Toss well and serve hot.

(NOTE: The sauce can be stored in the freezer for two months or in the refrigerator for two to three days.)

Pasta

Per Serving (excluding unknown items): 1252 Calories; 85g Fat (65.3% calories from fat); 66g Protein; 36g Carbohydrate; 9g Dietary Fiber; 255mg Cholesterol; 646mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 6 Vegetable; 11 1/2 Fat.