



bolognese 1,2,3

NIBBLEDISH CONTRIBUTOR

Ingredients

1 pkg. whole wheat spaghetti
1 lb. ground beef (I used 80/20 ... lots of flavor, but you could sub in turkey, chicken or lighter beef)
1 jar fav. tomato sauce
T (or so) of EEOO2
2 carrots (peeled, diced)
3 stalks celery (diced)
half onion (diced)
4 - 5 cloves garlic (or more) (minced)
herbs on hand (i used sage, thyme) (chopped)
spices on hand (i used garlic powder, basil)
salt
pepper

Instructions

boil salted water in large pot, add spaghetti, cook until al dente.
in second large pot, add oil on medium high heat, add carrots, celery, onions, salt, pepper, herbs, basil, sweat them for few minutes, add garlic so not to burn, continue sweating a few minutes. add meat, brown, making sure to break it up so it's rustic, season with salt and pepper as needed, add tomato sauce, allow flavors to blend, add garlic powder if you want to make garlic flavor stand out more, salt and pepper to taste, then pour in al dente noodles, let them soak up sauce for a bit, on low heat.
serve. reheats super well and you can get this together quite cheaply. :)