

Choco Fever Dream

Best Ever Rich Spaghetti Bolognese

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 large carrot, finely diced
- [ ] 2 celery stalks, finely diced
- [ ] 1 onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil

For the Sauce

- [ ] 1 cup red wine (optional)
- [ ] 2 tbsp tomato paste
- [ ] 28 oz canned crushed tomatoes
- [ ] 1 cup beef broth
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] 1/2 tsp sugar
- [ ] 2 tbsp balsamic vinegar
- [ ] Salt and pepper to taste
- [ ] Fresh basil leaves, torn

Instructions

1. Heat olive oil in a large pot over medium heat. Add carrot, celery, onion, and a pinch of salt; sauté until softened, about 5 minutes.
2. Add the ground beef, breaking it up with a wooden spoon. Let it brown without stirring for 3–4 minutes, then stir until fully cooked and caramelized.
3. Stir in garlic and tomato paste; cook for 2 minutes to develop flavor. If using, pour in red wine and let it reduce by half.
4. Add crushed tomatoes, beef broth, oregano, thyme, and sugar. Bring to a gentle simmer, then reduce heat and let it cook uncovered for 45 minutes, stirring occasionally.
5. Season with salt, pepper, and a splash of balsamic vinegar. Toss in fresh basil just before serving.
6. Meanwhile, cook spaghetti in salted water until al dente. Drain, reserving a cup of pasta water, and mix with the sauce, adding water if needed for silkiness.

Nutrition per serving

420 kcal	28 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning at the end; a little extra salt can brighten the sauce.
- For richer depth, add a splash of whole-milk ricotta when plating.
- If the sauce thickens too much, thin with a bit more broth or reserved pasta water.