

Choco Fever Dream

Bolognese Sauce Recipe: Classic Italian Pasta Sauce

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
4 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, finely diced
- [ ] 2 carrots, finely diced
- [ ] 2 celery stalks, finely diced
- [ ] 1 lb ground beef (80/20)
- [ ] 4 oz turkey ham, dice (substitute for pork)
- [ ] 3 cloves garlic, minced
- [ ] 1 cup dry red wine (optional, or substitute broth)
- [ ] 28 oz canned whole tomatoes, crushed by hand
- [ ] 2 tbsp tomato paste
- [ ] 1 cup beef broth
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste
- [ ] A pinch of sugar (optional)
- [ ] Fresh basil leaves for garnish

Optional Finishing

- [ ] Parmesan cheese, grated
- [ ] A splash of milk or cream (2 tbsp)

Instructions

1. Heat olive oil in a heavy pot over medium heat. Add onion, carrot, and celery; sauté until softened and fragrant, about 8 minutes.
2. Increase heat to medium-high and add the ground beef and turkey ham. Break up the meat, letting it brown nicely without stirring too much – this caramelization is key.
3. Stir in garlic, then pour in the wine (or broth). Let it reduce by half, scraping up any browned bits.
4. Add crushed tomatoes, tomato paste, broth, oregano, basil, bay leaf, and a pinch of sugar. Bring to a gentle simmer.
5. Reduce heat to low, cover partially, and let the sauce simmer for 1 hour, stirring occasionally. Season with salt and pepper toward the end, and finish with a splash of milk if desired.
6. Remove bay leaf, toss the sauce with cooked pasta, garnish with fresh basil and grated Parmesan. Serve hot and enjoy.

Nutrition per serving

420 kcal	30 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a bit more broth or water.
- For deeper flavor, you can add a Parmesan rind during the simmer.
- Taste and adjust seasoning at the end; a little extra salt can brighten the dish.