

Jenny's Bolognese Sauce

It's easy to make a delicious, rich tasting Bolognese sauce... it just takes time (mostly unattended). I make this in the evenings and refrigerate it so the next day, I can remove any fat from the surface. I've also made my bolognese with ground bison, which is lean and has no hormones. While cooking, if it gets too thick for your taste, just add some water or beef stock and keep going.

1 teaspoon olive oil
1/3 cup finely diced onion
1/3 cup shredded carrot
1/3 cup finely diced celery
1 large clove garlic, crushed
1 lb. lean ground beef

1 box Pomi strained tomatoes or 28 oz can tomatoes, pureed.
1 cup beef stock or water
2 Tablespoons tomato paste
1/2 teaspoon salt
pepper to taste

1. In a large pan on medium-high, heat the oil and sauté the onion, carrot, celery & garlic for 5 minutes.
2. Add beef, stirring continually until pieces are small. Cook for 3-4 minutes until all pink is gone.
3. Add remaining ingredients and simmer, covered for at least 2 hours until you like the consistency. (I've cooked it as long as 3 hours!)

*makes 4 servings