



Bolognese Sauce

Serves 4-5

Ingredients:

- 1 brown onion, peeled and diced ¼ inch
- 2 cloves garlic, finely minced
- 1 large carrot, peeled and diced ¼ inch
- 2 celery stalks, diced the same size as the carrots
- 2 medium roma tomatoes, seeded and diced small
- 3 Tbsp olive oil
- 1 lb lean ground chuck or lamb
- 1 tbsp. tomato paste
- 8 oz beef stock or vegetable stock (I have even used chicken stock in a pinch)
- Salt and pepper to taste

Instructions:

Heat a large straight-sided pan (at least 8 inches in diameter with deep sides) over medium-high heat.

Add the oil until it is hot, then add in the diced vegetables.

When they have browned a bit, add the meat. Keep stirring and breaking up the meat with a wood spoon. When it is no longer pink and lightly browned, add the tomato paste, stock, salt and pepper - stirring well to combine.

It should cook on low heat for at least one hour, with the lid on, and should be stirred from time to time. Taste and adjust seasonings.

This recipe can easily be doubled or tripled, and it freezes well for up to 4 months.