

Spaghetti Bolognese Recipe



Ingredients:

- 350g spaghetti
- 500g ground beef (or a combination of beef and pork)
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium carrots, finely diced
- 2 celery stalks, finely diced
- 1 can (400g) crushed tomatoes
- 2 tablespoons tomato paste
- 1 cup beef or vegetable broth
- 1/2 cup red wine (optional)
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper, to taste
- Grated Parmesan cheese, for serving
- Fresh basil leaves, for garnish (optional)

Instructions:

Boil the Pasta:

- Fill a large pot with water and bring it to a rolling boil.
- Add a generous pinch of salt to the boiling water.
- Add the spaghetti to the pot and cook according to the package instructions until al dente.
- Drain the cooked spaghetti in a colander and set it aside.

Prepare the Bolognese Sauce:

- In a large skillet or saucepan, heat the olive oil over medium heat.
- Add the chopped onions and cook until they become translucent and slightly caramelized.
- Stir in the minced garlic and cook for an additional 1-2 minutes until fragrant.

Cook the Ground Meat:

- Add the ground beef (or beef and pork mixture) to the skillet with the onions and garlic.
- Break up the meat using a spatula and cook until it's browned and no longer pink.
- Season the meat with salt, pepper, dried oregano, dried basil, dried thyme, and the bay leaf. Mix well.

Add Vegetables and Tomatoes:

- Stir in the finely diced carrots and celery into the skillet and cook for 5 minutes, until they start to soften.
- Pour in the crushed tomatoes, tomato paste, beef or vegetable broth, and red wine (if using).
- Stir everything together, reduce the heat to low, and let the sauce simmer for 20-25 minutes. This will allow the flavors to meld together.

Adjust Seasoning and Consistency:

- Taste the sauce and adjust the seasoning with more salt and pepper if needed.
- If the sauce is too thick, you can add a little more broth or water to achieve your desired consistency.

Serve the Spaghetti Bolognese:

- Divide the cooked spaghetti among plates or bowls.
- Ladle the Bolognese sauce generously over the spaghetti.
- Garnish with fresh basil leaves (optional) and sprinkle some grated Parmesan cheese on top.

Enjoy!

- Serve the delicious Spaghetti Bolognese immediately and savor the rich flavors and comforting taste.

