



BOLOGNESE SAUCE

by Chef David Cocker

USING: REUVEN FULLY COOKED LEAN GROUND BEEF

Prep & Cook Time: 30 minutes

Servings: 4-5

INGREDIENTS

1 medium yellow onion, chopped
1 large carrot, peeled, chopped
1 large stalk celery, chopped
2 tbsp (30 ml) unsalted butter
1 lb (454g) Reuven Fully Cooked Lean Ground Beef
(Product Code B03737), frozen
1/2 (3 ml) teaspoon table salt
1/8 (1/2 ml) teaspoon freshly ground black pepper
1/2 (125 ml) cup whole milk
Pinch of nutmeg
3/4 cup (180 ml) dry white wine
1 (28 oz) can whole San Marzano or other good
quality tomatoes with thick juice
12 oz cooked pasta (spaghetti, rigatoni or pappardelle)
1/4 cup (60 ml) finely grated parmesan.
2 tbsp (30 ml) parsley, finely chopped

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PREPARATION

In a food processor, combine the onion, carrot, and celery. Pulse until finely chopped.

In a deep, wide skillet over medium heat, melt the butter. Add the onions, carrots, and celery. Cook, stirring often, for 5 minutes, or until soft and translucent but not browned.

Add the Reuven Fully Cooked Lean Ground Beef to the skillet with the sautéed vegetables. Add the salt and pepper, cook over medium heat for 3 to 4 minutes.

Add the milk to the skillet and simmer, stirring often, for about 4 minutes, or until the milk has almost completely evaporated. Stir in the nutmeg.

Add the wine to the skillet and continue to simmer for about 5 minutes, or until it has almost evaporated.

Crush and add the tomatoes: Pour the tomatoes into a bowl and squish them with your hands to break them up so there are no large pieces. Add them to the skillet and bring the sauce to a simmer. Turn the heat to low and simmer the sauce for 15 to 20 minutes, stirring occasionally, until the sauce is thick. If the sauce begins to look dry, stir in 1 to 2 tablespoons hot water.

Stir in parmesan cheese, taste and add more salt and pepper if you feel it's needed.

Serve the sauce over a bed of cooked pasta.