



EASY BOLOGNESE

BY CORKS AND SCREWCAPS

Ingredients:

Serves 4 - cooking time approximately 30 minutes

- 2 tbsp EVOO
- 1/2 c diced carrots
- 1/2 c diced celery
- 1/2 c diced shallots
- 1 lb ground beef
- 2 whole cloves of peeled garlic
- 1 large bay leaf
- pinch of thyme
- pinch of oregano
- salt and pepper (to taste)
- 32 oz jar of marinara sauce

Suggestions: Serve over 1 lb of your favorite cooked Barilla pasta, we used Rotini and added grated Parmigiano Reggiano cheese for garnish.

Easy Bolognese Procedure:

1. Heat 1 tbsp EVOO in a pan using medium heat. Saute carrots until tender. Then add celery, and shallots. When shallots become translucent, remove all and set aside in a bowl.
2. Place pan back on low to medium heat with 1 tbsp of EVOO. Add your ground beef and immediately start to break up meat with a fork into small bits. Once meat starts to turn from pink to a light gray color, add 1/2 cup of water to the meat, continue to break meat up until thoroughly cooked.
3. Add whole garlic cloves, bay leaf, thyme, oregano, salt and pepper, stir.
4. Add your favorite marinara sauce to the pan, stir to incorporate all ingredients and simmer on low. Stir occasionally until it has reduced by 25%.
5. Serve with a nice glass of sangiovese. We enjoyed Salcheto's Vino Nobile Di Montepulciano 2019.

Winery website: www.salcheto.it