Veg Sauce, then add meat

* 2 or 3 Carrots, chopped
* 2 or 3 Celery stocks, chopped
* Large bulb of Fennel, chopped (substitute for garlic & onion)
* 1 Tbsp Fennel Pepper
* ¼ cup Olive oil
* Tomatoes (canned halved or San Marsan) optional
* Fresh pasta

Cook down, several hours until done

Then add meat, serve over pasta