

Red Meat (Bolognese) Sauce

January 13th, 2017

This recipe serves: 6

Prep Time: 02:00

Cook Time: 00:00

Traditional Bolognese Sauce uses Italian Pork Sausage (both Hot and Sweet) with the sausage casings removed and milk to tenderize the meat.

After creating this recipe a few times, I realized that the ingredient list is a lot like Bolognese, however, this Red Sauce is made with Ground Beef and does not include milk.

Ingredients:

- 2 Tablespoons Butter
- 1 Medium Onion - Diced Finely
- 1 large Carrot - Diced Finely
- 2 large Celery Stalks - Diced Finely
- 1/2 lb Ground Beef
- 1 Can (28 oz) Whole Peeled Tomatoes
- 1/3 Cup Apple Cider Vinegar
- 1/3 Cup Apple Juice
- 3/4 Cup Stock or Broth or Water
- 1/2 Head Garlic - Minced
- 1 Green Bell Pepper - Diced finely
- 2 Red Bell Pepper (Pimento) - Oven Roasted and then chopped
- 1 Can Tomato Paste
- 2 Teaspoons Sweet Paprika
- 1 Teaspoon Ground Cinnamon
- 1/2 Teaspoon Fennel Seeds
- 1/2 Teaspoon Ground Nutmeg
- 1/2 Teaspoon Ground Clove
- 2 Tablespoons Fresh Parsley - Finely Chopped
- 1 Tablespoon Fresh Rosemary - Finely Chopped
- 2 Bay Leaves

Directions:

Brown the hamburger meat and put it aside for later.

Set a large (6 quart) Dutch Oven on medium heat.

Melt butter in the Dutch Oven.

Add the Onion, Carrot, and the Celery. Continue to stir for several minutes until it begins to brown.

Reduce the heat and cover. Stir again every few minutes to prevent burning while the vegetables sweat.

Add the minced Garlic.

Add the Green Bell peppers.

Add the Canned Tomatoes and all the juice. Use a potato masher or spatula to mash the tomatoes.

Add half of the browned Ground Beef.

Add the Apple Cider Vinegar, Apple Juice, and Stock. Mix, then cover and simmer for about half an hour (30 minutes).

Remove from the stove and place in a blender. Pulse a few times until everything is blended.

Pour back into the Dutch oven. Mix in the remaining Ground beef, the chopped Pimento, the Tomato Paste, the Bay Leaves, the Parsley and the Rosemary.

Simmer covered for an hour, stirring occasionally.

Serve over a short pasta like Bowtie or Penne.

Or use to make my No-Pasta (Ratatouille) Lasagna