

# Pasta Bolognese

**Cook time:** 1 hour, 45 minutes

**Makes:** 4 Servings

This rich red sauce combines ground beef, carrots, celery, onion, tomatoes with a touch of milk for added creaminess. This sauce is slow simmered and delicious served over any favorite pasta.

## Ingredients

- 1 tablespoon** vegetable oil
- 1** carrot (scrubbed and diced into 1/4-inch pieces)
- 1** celery stalk (chopped into 1/4-inch pieces)
- 1** yellow onion (peeled and chopped into 1/4 inch pieces)
- 3/4 pound** lean ground beef (80-85% lean)
- 1 cup** water
- 2 cans** 14.5-ounce low-sodium crushed or diced tomatoes (including liquid)
- 1/4 cup** low-sodium tomato paste
- 1 cup** 2% milk
- 8 ounces** whole wheat pasta
- 1/4 cup** grated Parmesan cheese

## Directions

1. To cook the Bolognese sauce: Put skillet on the stove over medium heat and when it is hot, add oil. Add carrot, celery, and onion and cook about 10 minutes, stirring occasionally, until the vegetables begin to brown. Raise the heat to high. Pinch off tablespoon-size pieces of the beef and add a few at a time, stirring well between additions. Cook, breaking the meat apart until it is no longer raw, starts to give off liquid, and no longer clumps together, about 10 minutes.



### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	297	
Total Fat	6 g	9%
Protein	16 g	
Carbohydrates	47 g	16%
Dietary Fiber	8 g	32%
Saturated Fat	2 g	10%
Sodium	114 mg	5%

### MyPlate Food Groups

Vegetables	1/4 cup
------------	---------

2. Add the water, tomatoes, and tomato paste, stirring well. Cook about 10 minutes until the sauce begins to thicken.
3. Slowly stir in the milk, a little bit at a time. Turn the heat down to low and cook 45 minutes until all the liquid has been absorbed.
4. To cook the pasta: fill a large pot halfway with water. Bring it to a boil over high heat. Add the pasta and about 12 minutes cook until just tender. Drain the pasta and divide into 4 bowls. Top each bowl with about  $\frac{3}{4}$  cup Bolognese and sprinkle with 1 tablespoon Parmesan cheese. Serve right away.

## Notes

- One portion equals 1 cup cooked pasta +  $\frac{3}{4}$  cup sauce.
- Freeze leftover sauce for up to 1 month.

USDA Center for Nutrition Policy and Promotion