

CLASSIC BOLOGNESE

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For those times when comfort food is a must, cook up a batch of Bolognese. The aroma alone warms the soul. So versatile, it can include meat or not – adding roasted root vegetables and/or cooked chickpeas during the last 15 - 20 minutes of cooking time is quite delicious. The sauce refrigerates and freezes well and is one of those dishes that gets better with age.

Serve it with hot, cooked pasta or veggie noodles, layer it into lasagna, or over stuffed shells or ravioli.

Approximately 4 – 6 servings

INGREDIENTS:

- 1 tablespoon olive or avocado oil
- 1/2 onion (about 1 cup), diced
- 1 carrot (about 1/2 cup), peeled and diced
- 1/2 cup diced bell pepper (green, yellow, orange)
- 2 cloves garlic, minced
- 1-pound ground turkey, beef or Italian Sausage
- 1/3 cup apple cider or red wine (deglaze)
- 1/4 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon dried marjoram
- 1 can (28 ounces) crushed tomatoes
- 1 bay leaf
- 1 tablespoon balsamic vinegar, traditional aged style
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 – 1/2 teaspoon red pepper flakes (optional)

DIRECTIONS:

1. In large pot with sides, heat oil over medium heat. Add the onion, carrot, and bell pepper. Sauté until just soft and starting to brown, about 5 – 8 minutes. Add the garlic and sauté 30 seconds more, until fragrant, careful not to burn.
2. Add the ground meat to the vegetable mixture, breaking it up until crumbly. Cook until no longer pink. Add the apple cider to deglaze the pan, scrapping up any bits stuck to the bottom. Allow cider to cook down and evaporate a bit, about 30 – 60 seconds.
3. Add the dried herbs, stirring to coat the meat and vegetables; cook for 1 minute longer. Add the tomatoes, bay leaf, balsamic, salt, pepper, and red pepper flakes (if using). Stir to combine. Bring to low boil or gentle simmer. Cover pot and simmer sauce gently for 45 - 60 minutes, stirring occasionally, allowing the sauce to gently become thick. (Cook time may vary by stovetop and desired consistency.)
4. Remove the bay leaf. Sauce is ready to serve or may be cooled completely and refrigerated for later use. Cooled sauce may also be frozen, thawed and reheated later.