

# Spaghetti Bolognese

Classic Spaghetti Bolognese with rich meat sauce. Traditional Italian recipe with ground beef, tomatoes, and herbs for the perfect comfort meal.

10	20	30	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Spaghetti Bolognese

## Ingredients

- 1.5 tbsp olive oil
- 2 clove garlic
- 1 onion
- 1 lb ground beef
- 28 oz tomato
- 2 tbsp tomato paste
- 2 tsp granulated sugar
- 2 tsp Worcestershire sauce
- 2 bay leaf
- 2 sprig fresh oregano
- 1 pack pasta
- 0 salt
- 0 black pepper
- 1 tbsp parmesan cheese
- 1 tbsp parsley
- 0.5 cup dry red wine
- 2 beef bouillon

## Instructions

- 1 Prepare the aromatics**

Heat 1.5 tablespoons olive oil in a large heavy-bottomed pot or Dutch oven over medium heat. Dice 1 onion finely and mince 2 cloves garlic. Add onion to the hot oil and cook for 4-5 minutes until softened and translucent. Add garlic and cook for 1 minute until fragrant.
- 2 Brown the meat**

Increase heat to medium-high and add 1 pound ground beef to the pot. Break up the meat with a wooden spoon and cook for 6-8 minutes until well browned and no pink remains, stirring frequently to ensure even browning.
- 3 Build the sauce base**

Add 2 tablespoons tomato paste to the meat and cook for 1 minute, stirring constantly. Add 28 ounces canned crushed tomatoes, 2 teaspoons dried basil, 2 teaspoons dried oregano, and 2 bay leaves. Stir well to combine.

#### 4 **Simmer the Bolognese**

Bring the sauce to a gentle simmer, then reduce heat to low to maintain a light bubble. Cook uncovered for 15-20 minutes, stirring occasionally, until the sauce has thickened and the flavors have melded. Season with salt and pepper to taste.

#### 5 **Cook the pasta**

Meanwhile, bring a large pot of salted water to a rolling boil over high heat. Add 1 pack spaghetti and cook according to package directions until al dente (usually 8-10 minutes). Reserve 1/2 cup pasta cooking water before draining.

#### 6 **Finish and serve**

Remove bay leaves from the Bolognese sauce. Add the drained spaghetti to the sauce and toss for 1-2 minutes over medium heat, adding reserved pasta water if needed to achieve a silky consistency. Serve immediately topped with 1 tablespoon grated Parmesan cheese and 1 tablespoon fresh parsley per portion.

## Tips

Brown the ground beef in batches if necessary to avoid overcrowding the pan, which can cause steaming instead of proper browning.

Save a cup of pasta cooking water before draining - the starchy water helps bind the sauce to the pasta and creates a silky texture.

Let the wine cook off completely to avoid any harsh alcohol taste - you should no longer smell alcohol after about 1-2 minutes of simmering.

Don't skip the caramelization of onions at the beginning - this step builds the flavor foundation of your sauce.

Taste and adjust seasoning at the end of cooking, as flavors concentrate during simmering and you may need additional salt and pepper.

For extra richness, stir in a tablespoon of butter just before serving to give the sauce a glossy finish.

If your sauce becomes too thick during cooking, add small amounts of beef broth or pasta water rather than plain water to maintain flavor.