

Pasta Bolognese

Servings: 12

INGREDIENTS

1 medium white onion finely chopped
1 small carrot finely chopped
3 tbsp olive oil
1 tbsp dry oregano
2 garlic cloves finely chopped
1 bay leaf
¼ cup tomato paste
1 small can tomato sauce
1 small can diced tomatoes (drain liquid)
1 cup chicken stock
1 lb. ground beef
1 lb. dry rigatoni pasta
Salt and pepper to taste

METHOD

1. Add 1 tbsp of olive oil to the pan over medium heat. Cook beef completely, remove and strain the fat.
2. Add the other 2 tbsp of olive oil and cook the onions and carrots for about 4 minutes until soft.
3. Add the garlic and cook for another 2 minutes.
4. Add the tomato paste and oregano then mix together.
5. Add the chicken stock, bay leaf, and cooked beef.
6. Bring to a simmer and reduce by half.
7. Add the tomato sauce and diced tomatoes and simmer for 30 minutes.
8. While your sauce is cooking, bring a pot of lightly salted water to a boil and cook the rigatoni.
9. Once your pasta is cooked, add to your finished Bolognese and serve with grated parmesan.

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