



Classic Ragu Bolognese

READY IN



45 min.

SERVINGS



6

CALORIES



726 kcal

SAUCE

Ingredients

- ☐ 6 ounces ground beef 85% lean ()
- ☐ 0.8 cup carrots peeled finely chopped
- ☐ 1 cup celery stalks finely chopped
- ☐ 3 cups chicken stock see divided ()
- ☐ 0.5 cup wine dry red
- ☐ 6 ounces ground veal
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion finely chopped

- ☐ 3 ounces pancetta thinly sliced finely chopped
- ☐ 6 servings parmesan finely grated (for serving)
- ☐ 1 pound tagliatelle fresh (preferably egg)
- ☐ 3 tablespoons tomato paste
- ☐ 1 cup milk whole

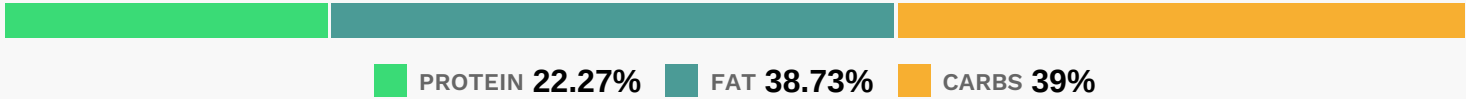
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat oil in a large heavy pot over medium-high heat.
- ☐ Add onions,celery, and carrots.
- ☐ Saute until soft, 8-10 minutes.
- ☐ Add beef, veal,and pancetta; saute, breaking up with the back of a spoon, untilbrowned, about 15 minutes.
- ☐ Add wine; boil 1 minute, stirring oftenand scraping up browned bits.
- ☐ Add 2 1/2 cups stock and tomato paste;stir to blend. Reduce heat to very low and gently simmer, stirring occasionally,until flavors meld, 1 1/2 hours. Season with salt and pepper.
- ☐ Bring milk to a simmer in a small saucepan; gradually add tosauc. Cover sauce with lid slightly ajar and simmer over low heat,stirring occasionally, until milk is absorbed, about 45 minutes, addingmore stock by 1/4-cupfuls to thin if needed. DO AHEAD: Ragu can be made 2 days ahead. Chill uncovered until cold, then cover and keepchilled. Rewarm before continuing.
- ☐ Bring a large pot of water to a boil. Season with salt; addpasta and cook, stirring occasionally, until 1 minute before al dente.
- ☐ Drain, reserving 1/2 cup pasta water.
- ☐ Transfer ragu to a large skilletover medium-high heat.
- ☐ Add pasta and toss to coat. Stir in some ofthe reserved pasta water by tablespoonfuls if sauce seems dry.Divide pasta among warm plates.
- ☐ Serve with Parmesan.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:25.54, Inflammation Score:-10, Nutrition Score:29.235652218694%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 725.96kcal (36.3%), Fat: 30.46g (46.86%), Saturated Fat: 11.98g (74.86%), Carbohydrates: 69.03g (23.01%), Net Carbohydrates: 64.78g (23.56%), Sugar: 9.17g (10.19%), Cholesterol: 144.26mg (48.09%), Sodium: 908.74mg (39.51%), Alcohol: 2.1g (100%), Alcohol %: 0.6% (100%), Protein: 39.41g (78.81%), Selenium: 80.07µg (114.39%), Vitamin A: 3227.78IU (64.56%), Phosphorus: 618.34mg (61.83%), Calcium: 469.08mg (46.91%), Vitamin B3: 8.13mg (40.63%), Manganese: 0.8mg (39.75%), Zinc: 5.1mg (33.97%), Vitamin B6: 0.64mg (32.04%), Vitamin B12: 1.86µg (31.08%), Vitamin B2: 0.5mg (29.35%), Potassium: 835.92mg (23.88%), Magnesium: 91.64mg (22.91%), Vitamin B1: 0.32mg (21.07%), Copper: 0.41mg (20.72%), Iron: 3.26mg (18.11%), Vitamin B5: 1.73mg (17.3%), Fiber: 4.25g (16.98%), Folate: 53.09µg (13.27%), Vitamin E: 1.82mg (12.12%), Vitamin K: 12.71µg (12.1%), Vitamin C: 6.42mg (7.78%), Vitamin D: 0.91µg (6.06%)