

SAUCES & DIPS

Neapolitan Meat Sauce: Ragu Napoletano

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
195 min	45 min	150 min	4	\$3.66	624 kcal

If you want to add more gluten free, dairy free, and ketogenic recipes to your recipe box, Neapolitan Meat Sauce: Ragu Napoletano might be a recipe you should try. This sauce has 706 calories, 45g of protein, and 47g of fat per serving. This recipe serves 4.

Ingredients

- ☐ ½ pound beef chuck, cut into chunks
- ☐ ½ pound sweet Italian sausages
- ☐ 1 onion, finely chopped
- ☐ 1 teaspoon salt
- ☐ ½ pound veal, cut into chunks
- ☐ 1 pinch Pinch hot chile flakes
- ☐ 4 tablespoons extra-virgin olive oil
- ☐ ¾ cup red wine
- ☐ 56 ounce peeled San Marzano tomatoes and juices, passed through a food mill
canned

EQUIPMENT Dutch oven

Method

- 1

In a large pasta pot or Dutch oven, combine the veal, beef, onion and oil over high heat and cook until meat is seared on all sides and meat juices have evaporated, 10 to 12 minutes.
- 2

Add the wine and cook, stirring constantly, until wine evaporates and meat is darker brown, about 5 minutes.

- 3 Stir in the tomatoes, sausages, salt, and chile flakes. Reduce heat to simmer and cook 2 1/2 to 3 hours, stirring occasionally and skimming fat as necessary.
- 4 Remove from heat and remove meat from ragu. Adjust seasoning with salt and pepper.

Nutrition per serving			
624	34 g	43 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.9 g · 81% of daily needs
Fibre			5.2 g · 21% of daily needs
Sugar			11.9 g · 13% of daily needs
Sodium			1,112 mg · 48% of daily needs
Cholesterol			129 mg · 43% of daily needs
Vitamin C			57.5 mg · 70% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/neapolitan-meat-sauce-ragu-napoletano-148614