



## Spaghetti Bolognese



2 T olive oil, divided

1 lb. ground beef (can use ground pork or a mixture of both)

1 yellow or white onion, chopped fine

1 carrot, chopped fine

1 stalk celery, chopped fine

2 garlic cloves, minced

½ c beef broth

2 t beef bouillon powder

1 28 oz. can crushed tomatoes

2 T tomato paste

2 t sugar

2 t Worcestershire sauce

1 t Italian seasoning

salt and pepper to taste

½ c heavy cream, optional

14 oz. spaghetti

1 c parmesan cheese, grated

Additional parmesan or mozzarella cheese, grated

Italian parsley, chopped

Heat 1 tablespoon olive oil in skillet over medium heat. Add beef and/or pork and cook, stirring occasionally, until browned. Meanwhile, heat 1 tablespoon olive oil in another skillet over medium heat. Add onions, carrots, celery, and garlic and cook, stirring occasionally, 5 minutes or until soft and starting to caramelize. Add browned beef to vegetables, scraping bottom of pan to loosen browned bits. Stir in beef broth, bouillon, tomatoes, tomato paste, sugar, Worcestershire sauce, and Italian seasoning. Bring to a boil and reduce heat to low. Cover with lid and simmer for 1-3 hours, stirring occasionally. Flavors will deepen the longer it cooks. Add salt and pepper to taste. Stir in cream if desired. Keep warm on low heat while cooking spaghetti according to package directions. Drain pasta, reserving water to thin sauce as needed. Thin sauce if desired and toss with spaghetti and parmesan and serve warm. Garnish with additional cheese and/or parsley. Refrigerate leftovers. They're fantastic!