

SPAGHETTI



TIME: 135 MINS



SERVES: 4



INGREDIENTS

- 2 lbs ground beef
- 2 tbsp olive oil
- 1½ medium white onions, coarsely chopped
- 2 carrots, medium chopped
- 2 ribs of celery, roughly chopped
- 4 cloves of garlic, roughly chopped
- 2 cans whole tomatoes, crushed
- 1 can tomato paste
- 1 glass red wine
- 1 bunch fresh parsley
- salt and pepper, to taste

DIRECTIONS

- 1 Place onions, carrot, celery, and garlic into a food processor. Pulse mixture for 15-20 seconds or until pieces are approximately ¼" diced.
- 2 Pre-heat deep pot over low heat for 3-4 minutes. Place olive oil into pot for 10 seconds.
- 3 Add onion, celery, carrot, garlic mixture and allow to heat SLOWLY for 25-30 minutes, stirring occasionally, until the mixture has reduced by approximately half.
- 4 Add beef to mixture, along with tomatoes, and tomato paste. Allow mixture to cook over medium low heat for 1.5-2 hours.
- 5 Add red wine and continue to cook for one hour. Add water if sauce looks too thick.
- 6 Meanwhile, cook noodles for 6-7 minutes in heavily salted, boiling water. Once noodles are cooked, drain them and allow to sit for 5 minutes.
- 7 Spoon sauce over top of noodles, top with grated parmesan cheese, and chopped parsley. Serve and enjoy!

WORKING TOGETHER:

