

# Pastor Ryan's Bolognese Sauce

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-recipe-for-spaghetti-bolognese>

## Ingredients:

- 1/2 cup olive oil
- 1 1/2 cups carrots Grated
- 1 whole red onion Large, Diced
- 2 pounds ground beef
- 2 tablespoons dried oregano
- 2 tablespoons dried basil Flakes
- 6 ounces tomato paste
- 5 cloves garlic Minced
- 1 cup red wine to 2 Cups
- 2 tablespoons worcestershire
- 28 ounces canned whole tomatoes
- 1 cup milk
- salt
- pepper
- fresh Parmesan cheese

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 80 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 560 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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