

# Ragu

Yield: 7 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pappardelle-pasta-recipe-ragu>

## Ingredients:

- 3 tablespoons olive oil
- 2 large garlic cloves sliced
- 1 large onion diced
- 3 bay leaves fresh or dried
- 1 pound ground veal
- 1/2 pound sweet italian pork sausage or ground hot
- 1/2 pound ground beef
- kosher salt
- 1/2 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 cup dry red wine
- 2 ounces pancetta diced
- 3 carrots diced
- 3 stalks celery diced
- 1 bulb fennel diced
- 1 green bell pepper diced, optional
- 1 teaspoon red chili flakes dried
- 56 ounces crushed tomatoes preferably San Marzanos
- freshly ground black pepper
- 1 pound pappardelle pasta such as Cipriani or Dececco
- Parmesan cheese Freshly ground, for garnish, optional

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 105 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 39 grams

7. SaturatedFat: 9 grams
  8. Sodium: 870 milligrams
  9. Sugar: 5 grams
- 

Thank you for visiting our website. Hope you enjoy Ragu above. You can see more 15 italian pappardelle pasta recipe ragu Taste the magic today! to get more great cooking ideas.