

Spaghetti Bolognese

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-bolognese-veg-recipe-indian>

Ingredients:

- pancetta or bacon, optional, diced- 50 gr/ 2-3 strips
- 2 tablespoons olive oil
- onions diced-1
- carrots diced-2
- celery stalks diced-2
- 3 cloves
- 2 teaspoons dried basil
- diced tomatoes canned- 2 X 400gr/14 oz cans
- 2 teaspoons dried oregano
- ground beef extra lean- 1 lbs.
- salt
- pepper
- 1 pound spaghetti

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 61 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 150 milligrams
8. Sugar: 4 grams

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