

Traditional Italian Bolognese Sauce

Yield: 4 min
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-italian-bolognese-sauce-recipe>

Ingredients:

- 2 tablespoons olive oil
- 6 tablespoons butter
- 1 large onion finely chopped, approx 1 cup
- 2 large carrots finely chopped, approx 1 cup
- 4 stalks celery finely chopped, approx 1 cup
- 3 cloves garlic chopped
- 1 pound ground chuck 20% fat
- 1 pound sausage meat sweet Italian, loose out of casing
- 1 tablespoon sea salt to taste
- 1/2 teaspoon black pepper to taste
- 1/4 teaspoon red pepper flakes to taste
- 1/4 teaspoon nutmeg optional, I left it out, I don't like nutmet
- 1 cup red wine *You can use a dry white wine if you prefer
- 84 ounces plum tomatoes
- 3 cans crushed tomatoes
- 1/4 cup Italian parsley finely chopped
- 1/4 cup basil finely chopped
- 1 cup milk
- 1 cup romano cheese grated, parmesan can be used as a substitute
- 1 cup heavy cream Light cream or half and half can be used as a substitute

Nutrition:

1. Calories: 1620 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 380 milligrams
4. Fat: 127 grams
5. Fiber: 8 grams

6. Protein: 69 grams
 7. SaturatedFat: 58 grams
 8. Sodium: 4350 milligrams
 9. Sugar: 26 grams
 10. TransFat: 3.5 grams
-

Thank you for visiting our website. Hope you enjoy Traditional Italian Bolognese Sauce above. You can see more 20 simple italian bolognese sauce recipe Experience flavor like never before! to get more great cooking ideas.