

Bolognese Sauce

Yield: 11 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-bolognese-recipe>

Ingredients:

- 1 pound mild Italian sausage bulk or casings removed, may substitute beef
- 1 pound lean ground beef
- 1 yellow onion medium
- 1 carrot
- 1 stalk celery
- 8 garlic cloves minced
- 1 teaspoon red pepper flakes
- 28 ounces crushed tomatoes
- 15 ounces tomato sauce
- 2 tablespoons tomato paste
- 1 teaspoon balsamic vinegar
- 1/4 cup water
- 1 tablespoon dried parsley
- 2 teaspoons chicken bouillon
- 1 1/2 teaspoons dried oregano
- 1 teaspoon salt EACH, sugar plus more to taste
- 1/2 teaspoon dried thyme EACH, pepper
- 1 bay leaf
- 1/4 cup chopped basil or 1 TBS dried added with other spices
- 1/4 cup heavy cream
- grated Parmesan cheese freshly, for serving

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 70 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 18 grams

7. SaturatedFat: 8 grams
 8. Sodium: 920 milligrams
 9. Sugar: 5 grams
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