

North Italian Meat Sauce (Ragu Bolognese)

Yield: 12 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-style-chicken-livers>

Ingredients:

- 1 cup chopped ham
- 1 cup chopped onion
- 1 cup carrots coarsely chopped
- 1/2 cup chopped celery
- 4 tablespoons butter
- 2 tablespoons olive oil
- 1/4 pound lean ground beef
- 12 ounces lean ground pork
- 1/2 cup white wine
- 2 cups beef stock
- 2 tablespoons tomato paste
- 1/2 pound chicken liver
- 1 cup heavy whipping cream
- 1 pinch ground nutmeg
- salt
- pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 125 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 250 milligrams
9. Sugar: 2 grams

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