

Fettucini Bolognese

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-fettuccine-carbonara-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 onions medium, peeled and chopped into 1-inch chunks
- 2 carrots peeled and chopped into 1-inch chunks
- 2 celery stalks cut into 1-inch chunks
- 3 cloves garlic minced
- 1 pound ground beef 85% lean
- 3 ounces pancetta chopped
- 3/4 teaspoon salt plus more for pasta water
- 1/2 teaspoon ground black pepper freshly
- 1/2 cup dry red wine
- 2 cups beef stock
- 1 cup crushed tomatoes canned
- 1/2 teaspoon dried oregano
- 1 cup whole milk
- 1 pound fettucini fresh, available in the refrigerator section of most supermarkets; see note
- parmigiano-reggiano Freshly grated, for serving, optional
- fresh basil Handful chopped, or parsley, for serving, optional

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 104 grams
3. Cholesterol: 95 milligrams
4. Fat: 30 grams
5. Fiber: 7 grams
6. Protein: 48 grams
7. SaturatedFat: 10 grams
8. Sodium: 1180 milligrams
9. Sugar: 12 grams
10. TransFat: 1 grams

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