

Italian Beef Ragu

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/two-greedy-italian-ragu-recipe>

Ingredients:

- 1 carrot
- 1 white onion
- 1 stalk celery
- 8 3/4 ounces beef mince
- 8 3/4 ounces pork mince
- 2 cups passata /pureed tomatoes
- 1 cup red wine
- 4 cups beef stock
- 1 tablespoon olive oil
- 1 pinch salt and pepper

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 85 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 33 grams
7. SaturatedFat: 5 grams
8. Sodium: 1140 milligrams
9. Sugar: 11 grams
10. TransFat: 0.5 grams

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