

Pasta Bolognese

Today, you'll add another recipe to your repertoire of pasta sauces. Pasta Bolognese (or pasta Bologna-style). That, however, would not be pasta made with cheap lunch meet slices. Bologna is a region in Northern Italy where they enjoy this version of pasta with meat sauce.

Featuring ground meat in the sauce is an American adaptation. You'll create your own Italian homemade Italian sausage right on the stovetop. You can trust this sausage, as you know everything that's in it. **Preparation time: 40 minutes - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls, so they are easy to add. Cooking's more fun when everything you need is ready to go. Prep 5 cloves of garlic today: 4 for the Marinara Sauce, 2 for the Pasta Bolognese. Prep about 3/4 C. chopped onion: 1/2 C. for the Marinara, 1/3 C. for the Bolognese.

Marinara Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes
one 15 oz. can regular tomato sauce
another 1/2 C. red wine

2 T. dry basil leaves
1 T. dry oregano leaves
a few dashes Tabasco sauce

1 tsp. olive oil
remaining 1/2 of the chopped garlic
another 2/3 C. red wine

Salad and Dressing

Fixings for a green salad

Il Simplicio Dressing:

3 T. extra-virgin olive oil
1/2 tsp. Prepared Mustard
2 T. rice wine or white vinegar
3 T. low-sodium vegetable broth
pinch of salt

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Stovetop Sausage:

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. yellow onion (chopped)
8 oz. thawed Beyond Meat "ground meat patties"
or
optional 1/4 lb. ground skinless turkey breast
1 tsp. dry basil
1 tsp. dry oregano leaves
1/2 tsp. dried fennel (ground)
a few dashes Tabasco
1/2 C. red wine

Pasta:

2-1/2 C. dry penne or spiral pasta

Garnish:

4 T. shredded Parmesan



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

While Marinara sauce cooks, make salads and dressing. You'll want to be ready to dine as soon as the pasta is assembled.

Marinara Sauce

1. Toss 1/2 of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans of tomato sauce (rinse cans with additional second 1/2 C. red wine) and add to sauce.
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown the remaining half of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about 2 minutes and turn off heat.
6. When the Marinara Sauce has cooked 10 minutes, add this additional wine and garlic reduction to the large pan. Stir well and remove from burner. Add to the

Green Salad and Dressing

Assemble green salads on individual salad plates.

Il Semplico Dressing:

Simply shake dressing ingredients together in a container with a tight fitting lid.

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Stovetop Sausage:

Place oil in medium sauté pan with chopped garlic, onion and ground plant-based meat or optional ground turkey. Toss until plant-based "meat" or optional turkey begins to brown. Add spices, Tabasco and cooking wine. Toss until wine totally cooks away. Remove from heat.

Pasta:

Drop dry pasta into boiling water and cook 8-minutes. (Set a timer so you don't forget.) When pasta is cooked to desired tenderness, reserve 1 C. of the starchy cooking water and add it to your Red Sauce. Drain and rinse pasta.

Assembly/Plate:

Measure 1-1/2 C. Marinara sauce into pan with Italian sausage. Reheat and remove from burner. Divide pasta between separate plates and ladle 1 C. Bolognese Sauce over each serving. Garnish with Parmesan cheese. Serve salads on the side.

What I've Learned from this Recipe

I much prefer making my own Italian-seasoned meat on the stovetop. I have control of the quality of meat I use and I'm able to spice it with a balance of spices I like. It is usually less salty when made this way as well.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com