

Kitchen Sink Bolognese

This recipe made four generous meals with about 2 cups of leftover sauce that I put in the freezer. I added 2 TBS of my frozen pesto to the sauce. You could substitute different vegetables and use different meat like leftover pot roast or beef stew. Or, leave out the meat entirely and make a vegan sauce. The possibilities are endless.

Ingredients:

- 1- 1 ½ cup finely chopped white onions
- 2 finely chopped carrots
- 2 zucchinis, peeled and chopped
- ½ fennel bulb, finely chopped
- 1 piece of celery , finely chopped
- 4 mini peppers , thinly sliced
- 3 TBS finely chopped garlic
- a handful of shiitake mushrooms, thinly sliced
- 1-2 cups chopped tomatoes
- 4 slices of of chopped prosciutto
- 1½ -2 cups of leftover cooked beef
- 1 can (15 oz or 425 g) tomato sauce
- 3 TBS olive oil
- 1 tsp. Italian seasoning
- 1 tsp. sugar
- 1 tsp. and more salt
- 1 tsp. and more pepper

Directions:

Heat the olive oil and sauté the onions, carrots, celery, zucchini, and mini peppers for 10-15 minutes at low heat. You want the vegetables to be soft but not overly browned. Add the mushrooms and garlic and sauté another couple of minutes. Add the chopped tomatoes and prosciutto and continue to sauté for several minutes. Stir occasionally during this entire cooking time. Add the can of tomato sauce, rinse the can with water and add that to the sauce. Add the Italian seasoning, sugar, salt and pepper. Add the meat and stir. Cook for about 20 minutes , make sure the sauce doesn't stick to the bottom. Cook your pasta as directed on the package. Remember, always salt your pasta water. On my last trip I was told by a wonderful Italian chef that you want the pasta water to taste like the ocean. I like that! Make sure you save some of the pasta water to add to your sauce.

Guten Appetit!

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