

Treasure Barrel

Classic Spaghetti Bolognese With Hearty Meat Sauce

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
6 Servings	**Medium** Difficulty	**Italian-American** Cuisine

Ingredients

For the Sauce

- [ ] 2 tablespoons olive oil
- [ ] 1 large yellow onion, finely chopped
- [ ] 2 medium carrots, finely chopped
- [ ] 2 celery stalks, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 pound lean ground beef
- [ ] 1/2 pound beef sausage, casings removed
- [ ] 1 (28-ounce) can crushed tomatoes
- [ ] 1 (6-ounce) can tomato paste
- [ ] 2 cups beef broth
- [ ] 1 teaspoon dried oregano
- [ ] 1 teaspoon dried basil
- [ ] 1 bay leaf
- [ ] 1 teaspoon sugar
- [ ] Salt and freshly ground black pepper, to taste

For Serving

- [ ] 1 pound dried spaghetti
- [ ] Freshly grated Parmesan cheese, for serving
- [ ] Fresh basil leaves, for garnish (optional)

Instructions

1. Heat the olive oil in a large, heavy-bottomed pot or Dutch oven over medium heat. Add the chopped onion, carrot, and celery. Cook, stirring occasionally, for about 8-10 minutes, until the vegetables have softened and the onion is translucent.
2. Add the minced garlic and cook for another minute until fragrant. Push the vegetables to the side of the pot. Increase the heat to medium-high and add the ground beef and beef sausage. Break it up with a spoon and cook until well-browned, about 8-10 minutes.
3. Stir in the tomato paste and cook for 1-2 minutes, letting it coat the meat and vegetables. This deepens the flavor. Pour in the crushed tomatoes, beef broth, dried oregano, dried basil, bay leaf, and sugar. Season generously with salt and pepper.
4. Bring the sauce to a simmer, then reduce the heat to low. Partially cover the pot and let it simmer gently for at least 1 hour, stirring occasionally. If you have more time, let it go for 2-3 hours for an even richer flavor. The sauce should be thick and reduced.
5. About 20 minutes before the sauce is finished, bring a large pot of salted water to a boil. Cook the spaghetti according to package directions until al dente. Drain, reserving about a cup of the pasta water.

6 Remove the bay leaf from the sauce. Taste and adjust seasoning. If the sauce is too thick, stir in a little of the reserved pasta water to loosen it. Serve the sauce generously over the cooked spaghetti, topped with plenty of grated Parmesan cheese and fresh basil if using. It pairs wonderfully with a simple side dish for a complete meal.

Nutrition per serving

580 kcal	32 g	62 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The sauce can be made up to 3 days ahead and reheated. The flavors improve over time.
- For a smoother sauce, you can use an immersion blender VERY briefly to break it down slightly, but I like the rustic texture.
- If you're short on time, a 45-minute simmer will still yield a delicious result, but longer is better.