

# Fresh Fettucelle Bolognese

*with Baby Heirloom Carrots*

This comforting meal pays homage to the succulent pasta dishes of Bologna in northern Italy. The Bolognese meat sauce slowly simmers with Italian tomatoes and fresh heirloom carrots for an extra touch of sweetness. Just before serving, the dish is topped with aromatic basil, the quintessential finishing touch for any Italian masterpiece.



## Ingredients

- 3 to 4 Ounces Baby Heirloom Carrots
- 4 Cloves Garlic
- 1 Bunch Basil
- 1 Bunch Parsley
- 1 Red Onion
- 28 Ounce Can Whole Peeled Tomatoes
- 8 Ounces Fresh Fettucelle Pasta
- 10 Ounces Ground Beef & Lamb Mix
- 1/3 Cup Grated Parmesan Cheese

Makes 2½ Servings  
About 700 Calories Per Serving



# Instructions



1

## Prepare your ingredients:

Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the carrots in half lengthwise. Peel and mince the garlic. Pick the basil leaves off the stems. Finely chop the parsley leaves. Peel and small dice the red onion. Empty the canned tomatoes into a large bowl. Break up the tomatoes with your hands, or chop them by carefully using sharp edge of the can's lid.



2

## Start the sauce:

In a medium pot, heat some olive oil on high until hot. Add the **beef and lamb** and cook 5 to 6 minutes, or until browned, breaking up the meat with a spoon. Add the **onion** and **garlic**. Season with salt and pepper and cook 2 to 3 minutes, or until softened, stirring occasionally.



3

## Finish the sauce:

Add the **tomatoes** and reduce the heat to medium. Season with salt and pepper and cook about 5 minutes to combine the flavors, stirring occasionally. Add the **carrots** and cook about 10 to 15 minutes longer, or until the sauce thickens, stirring occasionally.



4

## Cook the pasta:

After simmering the sauce about 5 minutes, add the **fettuccelle** to the boiling water. Cook 4 to 5 minutes, or until the pasta is tender but not too soft. Reserve about 1 cup of pasta cooking water, in case the sauce is too thick. Drain and return the pasta to its pot.



5

## Add the sauce to the pasta:

Transfer as much **sauce** as you like to the pasta in the pot, stirring to coat. (You may have extra sauce.) Add the **parsley**, **half the Parmesan cheese**, and a **little pasta cooking water**, if necessary. Heat the pasta and sauce on medium for about 1 minute, stirring to allow the pasta to absorb some sauce.



6

## Plate your dish:

Divide the pasta and sauce between 2 plates or bowls. Garnish with the **basil leaves** and the **remaining Parmesan cheese**. Enjoy!