

Beef Bolognese

with Fresh Pappardelle Pasta & Brussels Sprouts

This comfort food classic has been a mainstay of Northern Italy for centuries. Named for the province of Bologna, the first recorded recipe for “ragù alla bolognese” dates back to the 1700s. Since then, the recipe hasn’t changed much. It’s still a simple, hearty, meat-based sauce that gets its flavors from traditional aromatics and herbs. In our version, you’ll add fresh Brussels sprouts leaves at the very end to bring a fresh crunch to this delightful pasta.



Ingredients

- 8 Ounces Ground Beef
- 8 Ounces Fresh Pappardelle Pasta
- 6 Ounces Brussels Sprouts
- 2 Cloves Garlic
- 1 Carrot
- 1 Stalk Celery
- 1 Yellow Onion
- 1 Bunch Rosemary

Knick Knacks

- 3 Tablespoons Tomato Paste
- 1/3 Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stems of the Brussels sprouts; pluck off the bright, green leaves until you reach the lighter cores. Place the leaves in a small bowl and discard the cores. Peel and mince the garlic. Peel and small dice the carrot and onion. Small dice the celery. Pick the rosemary leaves off the stems; discard the stems and finely chop the leaves to get 1 tablespoon of minced rosemary (you may have extra).

2



Cook the aromatics:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, carrot, celery, onion** and **rosemary**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened and fragrant.

3



Add the tomato paste:

Add the **tomato paste** to the pan of aromatics. Cook, stirring frequently, 2 to 3 minutes, or until fragrant and deep red in color.

4



Cook the beef:

Add the **beef** to the pan of vegetables and tomato paste. Season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until browned and cooked through. Remove from heat and set aside.

5



Cook the pasta:

Add the **pasta** to the pot of boiling water. Cook 3 to 4 minutes, or until just shy of al dente. Reserve **1½ cups of the pasta water**; drain the pasta thoroughly and transfer directly to the pan of vegetables and beef. Add **1 cup of reserved water** to the pan. Cook on medium heat, stirring occasionally to coat the pasta, 2 to 3 minutes, or until thoroughly combined.

6



Finish & plate your dish:

Add the **Brussels sprout leaves** and **all but a pinch of the Parmesan cheese** to the pan of pasta. Cook, stirring to coat the noodles, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, slowly add the remaining reserved pasta water until you achieve your desired consistency.) Season with salt and pepper to taste. Remove from heat. To plate your dish, divide the pasta between 2 dishes. Garnish with the **remaining Parmesan cheese**. Enjoy!