

Simple Bolognese (Spaghetti Sauce)

1/4 cup extra-virgin olive oil
1 medium onion, coarsely chopped
2 garlic cloves, peeled and coarsely chopped
1 carrot, coarsely chopped (optional, can also use squash or zucchini)
1 pound ground beef (can also use sausage)
1 28-ounce can crushed tomatoes
1/4 cup flat-leaf Italian parsley, chopped (or 1 Tbsp dried)
8 fresh basil leaves, chopped (or 1 tsp dried)
Salt and freshly ground black pepper
1/4 cup freshly grated Pecorino Romano (optional)

In a large skillet heat the olive oil. When almost smoking, add the onion and garlic and sauté over medium heat until the onions become very soft, about 8 minutes. Add the carrot and sauté for 5 minutes. Raise heat to high and add the ground beef. Sauté, stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 10 minutes. Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens. Season with salt and pepper. This will take approximately 1/2 hour. Top Bolognese with Pecorino Romano.