



Makes: 8 servings

Prep Time: 20 minutes Cook Time: 70 minutes

Total Time: 1 hour 30 minutes

Pasta Bolognese

- 1 pound bulk sweet Italian sausage
- 2 pounds ground beef
- 1 pound sweet Italian sausage links, cut into 3/4-inch rounds
- 1 pound hot Italian sausage links, cut into 3/4-inch rounds
- 6 tbsp extra-virgin olive oil, divided
- 2 large yellow onions, chopped
- 6 garlic cloves, minced
- 2 (750-gram) boxes Pomi chopped tomatoes
- 1 (750-gram) box Pomi crushed tomatoes
- 1/4 cup tomato paste
- 1/2 cup red wine
- 2 tsp dried oregano
- 2 tsp Kosher salt
- 2 tsp freshly ground pepper
- 1 3-inch long piece of Parmesan cheese rind (this is the outside edge on a chunk of fresh Parmesan)
- 2 tbsp brown sugar
- 1/4 cup chopped basil

- 12 ounces pasta of your choice, cooked or zucchini noodles (see Chef's Note)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup Fromage Blanc or 5% Greek Yogurt
- Red crushed pepper, for sprinkling
- Parmesan cheese, grated, for sprinkling
- Parsley, chopped, for sprinkling
- Olive oil, for drizzling

Place bulk sweet Italian sausage in freezer for 20 minutes.

Heat a large soup pot or dutch oven over medium-high heat. Brown the ground beef until no pink remains. Drain the oil and put in a large bowl.

Add 2 tablespoons olive oil to the soup pot, and over medium-high heat, add the sweet and hot Italian sausage rounds. Sauté until browned all over, stirring occasionally. Transfer to bowl with cooked ground beef.

Remove bulk Italian sausage from freezer and cut into 1-inch squares. Add them to the soup pot and cook until no longer pink. Drain and place in the bowl with the meats.

Wipe out the soup pot, add 4 tablespoons of olive oil, and heat over medium heat. Add chopped onions and garlic, and sauté until soft and translucent, approximately 5-7 minutes, stirring occasionally. Once cooked, add all the meats, the tomatoes, tomato paste, red wine, oregano, salt, pepper and Parmesan rind and simmer for 30 minutes, stirring occasionally.

Add brown sugar and basil and simmer for an additional 10-15 minutes. Remove the Parmesan rind and adjust salt & pepper, as desired.

Serve over cooked pasta or zucchini noodles. Top with additional Parmesan cheese, dollops of Fromage Blanc, sprinklings of red crushed pepper flakes, parsley and a drizzle of olive oil.

Chef's Note:

When choosing pasta, you can always use a long thin pasta such as spaghetti or bucatini, but I like a smaller pasta with ridges and nooks to hold the sauce. I used Maccheroni al Torchio from Rustichella d'abruzzo.

Sauce freezes beautifully for up to 3 months.