

Bolognese Sauce

 sakurasoup.com/recipes/bolognese-sauce

1. Wash and dry the vegetables. Dice cut the onion, carrot & celery, set aside.
2. In a large pan, heat 2 teaspoons olive oil on medium-high until hot. Add the onion, carrot & celery to the pan, stir 4-5 minutes, or until soften.
3. Add 1 pound of ground beef, break up and mixed, stir well about 6-7 minutes, or until the pink color goes away.
4. Reconstitute 2 Tablespoons of **Garlic Broth Concentrate** into 1 cup of water and set aside.
5. Add 1 can of diced Tomato, 2 Tablespoons of tomato paste, 1 cup of red wine and **Garlic Broth Concentrate** into the pan, stir throughly.
6. Add the spices, 2 teaspoons of dried oregano, 1 teaspoon of red pepper flake, 1 Tablespoon of balsamic vinegar, stir throughly.
7. Once boiled, reduce the heat to low-medium, simmer about 50 minutes -1 hour no cover. stir occasionally to prevent from the burn.
8. Add 1 cup of milk. mix well
9. Hold another 35 – 45 minutes, stir occasionally to prevent the burn.
10. Top on the dishes as desired.

Bolognese sauce can be used for many delicious dishes. It's used for the lasagne, meat pie, baked potato filling, hot dog toppings, nachos, chilli or **spaghetti**.

By using our **Garlic Broth Concentrate** without the water dilution, cooking time can be reduced by 60 minutes. Please check on the recipe for **quicker version!**