



Julia's Cuisine

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Main Course/Pasta & Pizza

Webpage:
<http://www.juliascuisine.com/>

Spaghetti Bolognese

Serves 8
Prep time: 20 minutes
Cook time: 40 minutes

Ingredients

3 Cups/720 ml [Marinara Sauce](#)
2 Cups/480 ml stewed tomatoes (or can tomatoes)
1/2 Cup/120 ml beef stock
4 Garlic cloves, crushed
1 lb/500 grams ground beef
1 Onion, roughly chopped
3 Tablespoons olive oil
Small bunch fresh chopped basil
Small bunch fresh chopped parsley
2 Tablespoons sugar
1 Teaspoon salt
Fresh ground black pepper
1 Teaspoon dried oregano
1 Teaspoon dried rosemary
1/2 Teaspoon hot paprika
1 Teaspoon onion powder
1/2 Cup finely grated parmesan cheese

Method

In a large skillet set over high heat, add the olive oil and garlic. Stir for just about 30 seconds and add the onions. Cook over high heat long enough to brown the onions, about 2-4 minutes. Reduce heat to medium and continue to cook until softened, about 5 more minutes. Add the ground beef and mash it around with a wooden spoon to separate it as it cooks. Continue cooking the meat like this for about 8 minutes or so, until it is cooked and separated. Add the oregano, rosemary, paprika, onion powder, salt and pepper. Stir well and cook for a minute or so. Add the Marinara Sauce, chopped tomatoes, broth and sugar. Give a very good stir and bring to a simmer. Reduce heat to low, cover and continue to simmer for about 15-20 minutes. Uncover stir and taste to see if any adjustments are needed. Stir in fresh herbs and parmesan cheese. Serve over spaghetti or other pasta

* Top with extra parmesan cheese and herbs if desired