## BOLOGNESE

## Ingredients

- 1 pound ground beef (90% lean)
- ¼ teaspoon fine sea salt
- 3 tablespoons extra virgin olive oil, ½ cup whole milk plus more for pasta
- 1 medium onion, finely chopped
- 1 large carrot, finely chopped
- 1 small zucchini, finely chopped
- 1 cup mushrooms, finely chopped
- 3 garlic cloves, minced
- 1 cup dry red lentils
- 2 tablespoons tomato paste

- 115-ounce can crushed tomatoes, no salt added
- ½ cup dry white wine\*
- ¼ teaspoon black pepper
- 1½ cups water (more as needed)
- ½ teaspoon red pepper flakes
- ¼ cup fresh parsley, chopped
- ¼ cup shredded Parmesan cheese
- 1 pound whole grain spaghetti (or pasta of choice

\*Note: To make this recipe without wine, substitute with equivalent amount of chicken or beef broth.

## **Directions**

- Cook beef in large saucepan over medium heat, crumbling into small pieces. Add salt and cook about 5 minutes, until lightly browned. Transfer to plate.
- 2. Heat oil in same saucepan over medium heat and add onion, carrot, and zucchini. Cook for 5 minutes or until beginning to soften. Add mushrooms and garlic, cooking for 1 minute.
- 3. Add lentils, tomatoes, tomato paste, milk, wine (or broth), black pepper, pepper flakes, and water. Cover and simmer for 20 minutes or until sauce has thickened.
- Meanwhile, bring a large pot of water to a boil. Cook pasta according to instructions on package. Drain pasta and drizzle with oil to prevent sticking.
- Add beef to lentils and vegetables, adding more water to thin sauce, if desired.
- To serve, divide spaghetti between serving dishes, ladle sauce onto spaghetti, and top with Parmesan and parsley.

**45 MINUTES**