

Fresh Tomato Bolognese and Green Salad

You will start your pasta water and start browning your meat at the same time. 😊

Pasta:

Heat water in a stock pot and add a teaspoon of salt. When the water starts to boil, add the pasta and cook until it is tender. Drain the pasta, but **make sure** and save ½ cup of the pasta water (save ¼ cup if you have a 2 serving meal).

*If you have a 2 serving meal kit, only use half of your pasta, unless it is gluten free. Gluten free pasta is already portioned and ready to go. 😊

Meat:

Add your meat to a skillet and start breaking it apart with your fork. Add ½ teaspoon of salt... to taste. Brown the meat on medium until it is cooked through. Set the meat aside.

Tomato Sauce:

In a skillet or Dutch oven, add 2 Tablespoons Olive Oil.

Mince the garlic and add it to the skillet. Cook for about a minute.

Add your tomatoes and cook on medium heat for 10 minutes

Smash down the tomatoes with a fork and let them cook for about a minute. You may want to poke them first with a knife first. Be careful, they are hot!!

Finley chop the basil and add it to the tomatoes. Cook for about 1 minute.

Add about ½ teaspoon of salt... to taste.

Bolognese:

Add cooked meat to the tomatoes and add the red wine. Stir all together and let simmer for 5-7 minutes. Add the pasta water and cook for another 2 minutes.

Plate:

Put some of the pasta on a plate and add some of the Bolognese to the top. Sprinkle with parmesan cheese.

Wash your greens and dress them with the Balsamic Vinaigrette dressing. Add them to the side of your plate, or put them in a separate bowl. Enjoy!!!

Balsamic vinaigrette dressing ingredients: olive oil, balsamic vinegar, brown sugar, salt, pepper