

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 $\frac{1}{2}$ cup of the pasta water (save $\frac{1}{4}$ cup if you have a 2 serving meal).

Meat:

Add your meat to a skillet and start breaking it apart with your fork. Add $\frac{1}{2}$ 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!!

Add the spice mix to the tomatoes (basil, red pepper flakes, sugar)

Add about $\frac{1}{2}$ teaspoon of salt... to taste.

Bolognese:

Add cooked meat to the tomatoes. 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.