



## Creamy Bolognese Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>18</b>
<b>Serving Size</b>	<b>45</b>

### Ingredients:

- 1/2 cup butter, unsalted
- 1/4 cup extra virgin olive oil
- 1 3/4 cup onion, white, chopped
- 7 2/3 stalk celery, chopped
- 5 cup carrot, chopped
- 1 kg beef, ground, lean
- 2 Tbsp salt
- 1 1/4 cup white wine
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (1kg)
- 1/2 cup milk, fresh
- 1/8 tsp nutmeg, ground
- 1/4 cup parsley, chopped
- 2 pack DEL MONTE Spaghetti (900g), cooked
- 1/4 cup parmesan cheese

### Preparation:

1. Melt butter in olive oil over low heat. Sauté onion, celery, and carrot for about 5 minutes.
2. Add beef and salt. Cook until light brown. Stir in wine and simmer for 3 minutes.
3. Add DEL MONTE Italian Style Spaghetti Sauce, milk, nutmeg, and parsley. Simmer for 5 minutes over low heat, stirring occasionally.
4. Pour over cooked DEL MONTE Spaghetti. Top with parmesan cheese.

### Chef's Tip

Boiling milk will cause it to curdle. Be sure to simmer the milk instead of boiling it.

### Lusog Notes

This recipe is rich in vitamin A that helps protect one from infections and promotes normal growth and development. It is also a source of protein that is essential in the maintenance and repair of body tissues.

### Cooking Skills Needed

- Stirring
- Sautéing
- Slicing

### Cooking Tools

- Chopping Board
- Spatula

- Sauce Pot

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