



Creamy Bolognese Recipe

Preparation Time	10
Cooking Time	18
Serving Size	45

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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