



# Bolognese & Ragu Sauces

An extremely hearty meat sauce originating from Bologna Italy

A traditional Bolognese sauce is a thing of beauty. Where a Marinara sauce is what you would typically think of when you picture a plate of spaghetti or on a pizza, a Bolognese sauce is much more hearty. The sauce is usually packed with ground beef or pork sausage, but we are going for a low fat, low calorie, low point sauce, so we are using my ultra low point, ultra flavorful 0 point italian sausage recipe from page 28. You can easily transform this into an equally delicious chunky ragu sauce, by tweaking the spices and not pureeing the vegetables. Want to make this even more filling? Add some mushrooms to get even more servings out of it.

## Ingredients:

- 1 pound of **MY** turkey Italian Sausage, recipe on pg. 28
- 1 medium onion, diced (around 1-1/2 cups)
- 1/2 cup carrot, finely chopped\*\*\*
- 1/2 cup celery, finely chopped\*\*\*
- 4-5 medium garlic cloves, minced
- 1-1/2 cup fat free beef or chicken broth
- 1 Tbsp red wine vinegar
- 1/4 cup red wine
- 2 Tbsp tomato paste, no salt added
- 29 oz. canned tomato sauce (scan to ensure 0 points)
- 1/2 cup unsweetened plain almond milk (or use more broth)
- 1 tsp italian seasoning
- 1/2 tsp fresh rosemary, minced
- 1/2 tsp ground allspice\*\*
- 1/2 tsp ground nutmeg\*\*
- add salt and pepper and the end, seasoning to taste..

## Directions: (for Bolognese)

1. Cook the onions, celery, carrots and garlic in a pot with cooking spray for 5-6 minutes, until they begin to sweat.
2. Add the broth, bring to a simmer and cook for 10 minutes.
3. Add the veggies & broth to a blender or food processor. Blend till smooth, set aside.
4. Cook the meat, with cooking spray, till browned, breaking up the meat into small crumbles as it cooks. Pour the pureed vegetables into the cooked meat, mix to coat, cook for 2 mins.
5. Add the vinegar, wine, tomato paste, tomato sauce, almond milk, italian seasoning, rosemary, allspice and nutmeg. Bring to a boil.
6. Reduce to low heat, then cover with a lid and cook at a low simmer, **COVERED**, for 30 minutes. Salt/pepper to taste.

## Serving Info.:

**Yields:** 6 cups

**Servings:** 12

**Serving Size:** 1/2 cup



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- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

## RAGU SAUCE VARIATION: (pictured below)

- To make a Ragu: Skip step 3, leaving the veggies chunky.
- Add raw meat to the cooked veggies, then break it into small crumbles as it cooks through... replacing Step #4.
- Remove the allspice, nutmeg and almond milk. Those are essential for the Bolognese, they do not belong in a Ragu.

