



weekend intermediate

## QUICK PASTA BOLOGNESE

1 tablespoon extra-virgin olive oil  
1 medium onion, finely chopped  
2 medium carrots, finely chopped  
2 medium stalks celery, finely chopped  
3 cloves garlic, minced  
8 ounces whole-wheat rigatoni or penne (about 3 cups)  
8 ounces lean (93% or leaner) ground beef  
½ cup dry red wine  
1 14-ounce can petite diced tomatoes  
2 tablespoons tomato paste  
⅛ teaspoon ground nutmeg  
¼ teaspoon salt  
¼ teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.

Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.

Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium high, add wine and cook until almost evaporated, 1 to 1½ minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

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Serves 4  
Active Time: 30m  
Total Time: 40m

## NUTRITION FACTS

Amount per serving:  
Calories: 379  
Total Fat: 9g  
Saturated Fat: 2g  
Monounsaturated Fat: 5g  
Cholesterol: 1mg  
Sodium: 404mg  
Carbohydrates: 54g  
Dietary Fiber: 8g  
Total Sugars: 7g  
Added Sugars: 0g  
Protein: 22g  
Potassium: 755mg