



RECIPE: Ragú Pasta Sauce

Ragú is comfort food Italian style for the Malpezzi Price family. Simple ingredients combine to form a delicious sauce for your favorite pasta. The meat sauce is a *Bolognese* style meat sauce, preferably made with ground beef or a mixture of ground beef and pork, tomato sauce or paste and an initial base of finely chopped onion, carrot and celery. The only spices that my family ever used for this sauce were salt, pepper and at times basil. - **Stefania Casadei**, *BikeRentalsPlus, Italy*

Serves 4 people

2 tablespoons of olive oil
½ finely chopped onion
1 small diced carrot
half a stalk of diced celery
1 pound lean ground beef
½ pound ground pork
Small can of tomato paste or finely chopped tomatoes with juice
Salt, pepper and fresh or dried basil
Optional: 1 glass of red wine or milk
Fettuccine or pasta of your choice

Directions

Sauté the onions over medium heat in olive oil for 5 minutes, add the carrot and celery and sauté for another 10 minutes. Add the meats and stir well. Add salt, pepper, and basil.

Cook until the meat is browned (Optional: add wine or milk –Rick Price’s secret ingredient). Stir in the tomatoes or paste. Add just enough water just to cover the mixture and bring to a boil, reduce heat and simmer for at least an hour and cover if the sauce starts getting to thick. Stir often.

Adjust salt and pepper. The sauce should not be runny, but not too dry. Pour onto hot pasta. You can add fresh or frozen peas to the Ragú sauce, for some color and different flavor!

Buon appetito!

INSPIRED? Check out this tour to get an even better taste of Italy:

[A Taste of Italy: Emilia Romagna](#)