



PORCINI MUSHROOM AND BEEF BOLOGNESE

Total Recipe Time: 2-1/4 hours
Makes 8 servings

Perfect for a dinner party or crowd, this "pasta with meat sauce" is flavored with pancetta, prosciutto, red wine and sun-dried tomatoes resulting in nothing less than amazing.

INGREDIENTS

2 pounds Ground Beef (95% lean)
1/2 teaspoon salt
1/4 to 1/2 teaspoon black pepper
2 tablespoons olive oil
1 large onion, chopped
1 cup sliced cremini mushrooms
3 ounces pancetta, finely chopped
2 ounces prosciutto, finely chopped
3 tablespoons minced garlic
1 cup dry red wine
2 cans (14 to 14-1/2 ounces each) ready-to-serve beef broth
3/4 cup dried porcini mushrooms, broken into small pieces (about 1 ounce)
3/4 cup chopped sun-dried tomatoes, not packed in oil
1/3 cup tomato paste
1 tablespoon sugar
1 tablespoon chopped fresh thyme
8 cups hot cooked pasta

INSTRUCTIONS FOR PORCINI MUSHROOM AND BEEF BOLOGNESE

1. Heat stockpot over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from stockpot with slotted spoon; season with salt and pepper. Set aside. Pour off drippings.
2. In same stockpot, heat oil over medium heat until hot. Add onion, cremini mushrooms, pancetta, prosciutto and garlic; cook 8 to 10 minutes or until onion is tender and most of the liquid has evaporated, stirring occasionally. Add wine; bring to a boil. Reduce heat; simmer 8 to 10 minutes or until liquid is reduced by half.
3. Return beef crumbles to stockpot. Stir in broth, porcini mushrooms, sun-dried tomatoes, tomato paste, sugar and thyme; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 10 to 15 minutes or until sauce thickens. Stir in additional sugar, as desired. Serve over pasta.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

Test Kitchen Tips

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

NUTRITIONAL INFORMATION FOR PORCINI MUSHROOM AND BEEF BOLOGNESE

Nutrition information per serving: 313 calories; 13 g fat (6 g saturated fat; 3 g monounsaturated fat); 88 mg cholesterol; 1014 mg sodium; 14 g carbohydrate; 2.4 g fiber; 33 g protein; 7.4 mg niacin; 0.5 mg vitamin B6; 2.2 mcg vitamin B12; 5.2 mg iron; 19.8 mcg selenium; 6.3 mg zinc.