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Our first week of kids' summer camp this year had an all-Italian menu—from Northern to Southern Italy and to Little Italy neighborhoods around the U.S. Now I'm craving a deeply rich Bolognese sauce over some slightly chewy whole wheat pasta. Feel free to substitute regular pasta or even homemade pasta. I promise to look the other way if you prefer to use ground dark meat turkey instead of beef. Mangia! – Chef Linda

**Spaghetti Bolognese** (enough for 6 or more servings)

1.5 lbs ground beef (no more than 15% fat)	1 c chopped onion
1 c finely chopped carrots	3 cloves garlic, minced
½ c cream	½ c half-and-half
1 c chicken broth + more if needed	1 to 3 tsp sugar, to taste
1 can (28 oz) crushed tomatoes	1 can (6 oz) tomato paste
1 Tbsp Italian seasoning	1 tsp black pepper
Salt to taste	
1 package (14-16 oz) spaghetti, preferably whole wheat	
Grated Parmesan, for service (optional)	

1. Heat a large skillet over medium-high heat. Add the ground beef, onion, carrot and garlic. Break the beef into smaller chunks and sauté, stirring occasionally, until the meat is no longer pink. Drain off the fat.
2. Add the cream and half-and-half. Bring the mixture to a boil, then reduce heat and simmer for about 5 minutes or until the creams have nearly evaporated.
3. Stir in the chicken broth. Return to a simmer and cook about 15 minutes or until the liquid is nearly evaporated.
4. Stir in the crushed tomatoes, tomato paste, Italian seasoning (crush the spices before adding to the sauce), 1 tsp sugar and pepper. Bring back to a boil then reduce to a simmer. Cook for 5 to 10 minutes or until thickened. If the sauce is too thick, add more chicken broth to thin a little.
5. Taste and add salt to bring flavors into balance (and a little more sugar if the sauce is a little bitter from the tomatoes). If you have the time, barely simmer the sauce for up to 2 hours to get the most flavor—but this is great after only 30 minutes!
6. Serve sauce with cooked pasta. Sprinkle with some cheese, if desired.

**Shopping List:** ground beef, cream, half-and-half, your choice of dry or fresh pasta.

**Equipment Needed:** Cutting board and knife, large skillet, high heat spoon or spatula, pasta pot or large pot and strainer.

**Pantry Staples:** carrots, onions, garlic, chicken broth, Italian seasoning, crushed tomatoes, tomato paste, white wine vinegar, salt and pepper