

Italian Spaghetti with Meat Sauce

Amount	Measure	Ingredient - Preparation Method
1/4	cup	extra virgin olive oil
1 1/2	pounds	lean ground beef
1	medium	carrot - grated
1/2	medium	yellow onion - finely chopped
4	cloves	garlic - finely chopped
56	ounces	crushed roma tomatoes
1/4	cup	fresh basil - chopped
1	teaspoon	dried rosemary - crumbled
3/4	teaspoon	dried thyme
1/2	teaspoon	dried marjoram
1/2	teaspoon	dried sage
2		bay leaves
1/2	teaspoon	salt
1/4	teaspoon	black pepper
1	cup	chicken broth
		romano and parmesan cheese - grated

In a large, non stick stock pot, heat 1 Tbspn oil over med-high heat. Crumble beef into pot. Brown, stirring to break up, until no longer pink. Drain, reserving 1 Tbspn fat in pot. Place beef in food processor and pulse until finely ground, about 10-15 seconds.

Saute carrot and onion in fat over med-high heat until golden, about 4 minutes, adding in garlic in the last minute. Remove from heat and add in tomatoes, remaining 3 tbspsn oil, basil, parsley, rosemary, thyme, oregano, marjoram, sage, bay leaves, salt, pepper, and beef. Return to low heat and simmer, uncovered, 5-8 hours, stirring occasionally.

Add 1/2 to 1 cup of broth to thin sauce if desired. Remove bay leaves and serve sauce over pasta with grated cheeses and chopped fresh parsley or basil.