

## **Beef Bolognese with Fresh Egg Pappardelle Pasta**

*This classic Italian beef and tomato sauce may have more ingredients than you are used to, but it's worth it!*

Recipe time: 3 hour 15 minutes – Makes 4 servings

### **Sauce:**

- 1 pound 93% lean Ground Beef
- 1 teaspoon olive oil
- 1 cup minced onion
- 1/2 cup diced carrot (1/4 inch)
- 1/2 cup diced celery (1/4 inch)
- 1 cup dry red wine
- 10 fresh thyme sprigs
- 3 fresh rosemary sprigs
- 2 cans (15 ounces) no-salt-added tomato sauce
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes
- 1/4 cup Parmegiano-Reggiano cheese, divided
- 1/2 cup fresh basil leaves, roughly chopped
- 1/4 cup fresh parsley leaves
- 2 tablespoons fresh oregano leaves
- 1 tablespoon sugar
- 1 tablespoon fennel seed
- 1 tablespoon minced garlic
- 1/4 teaspoon crushed red pepper



### **Fresh Pasta:**

- 1 cup all-purpose flour, plus more for dusting
- 2 large eggs, slightly beaten

1. Heat oil in stockpot over medium heat until hot. Add onions, carrot and celery; cook 5 minutes, stirring occasionally. Add red wine; cook and stir 1 to 2 minutes until browned bits attached to stockpot are dissolved. Simmer 5 minutes until wine is reduced by half.  
Cut 12-inch length of kitchen string and tie together rosemary and thyme sprigs to prepare herb sachet.
2. Add ground beef, tomato sauce, diced tomatoes, 2 tablespoons parmesan cheese, basil, parsley, oregano, sugar, fennel seeds, garlic and red pepper to stockpot; mix well. Add herb sachet, making sure it's covered in sauce; tie end of string to handle of stockpot. Bring mixture to a boil. Reduce heat, cover and simmer 2-1/2 hours, stirring occasionally. Uncover sauce and cook for another 30 minutes, stirring occasionally.
3. Meanwhile, to prepare fresh pasta, mound flour on large cutting board; create large well in center. Place eggs in well. Using fork or fingertips, mix flour into eggs until all flour is absorbed and dough is formed. (Dough may be sticky.) Knead dough 10 to 15 minutes until it becomes lighter in color and surface feels smooth. Wrap dough in plastic wrap; refrigerate 30 minutes.  
*Cook's Tip:* You may use a pasta machine to roll and cut dough.
4. Divide dough into 2 equal pieces. On lightly floured surface, roll out one piece to 12 by 12-inch square; fold in thirds. Roll dough to 12 x 12-inch square. Repeat folding and rolling three times. Using floured knife, cut 1/8-inch wide noodles. Place noodles on parchment-lined shallow-rimmed baking sheet dusted with flour. Repeat with remaining pasta.
5. Fill stockpot with 8 inches of water; bring to a boil. Add salt to water, if desired. Add noodles to stockpot; stir gently; cook 7 to 9 minutes or until pasta is al dente (firm to the bite). Drain noodles;

divide noodles among 4 large serving bowls. Remove and discard herb sachet from meat sauce. Top noodles with meat sauce. Garnish with remaining cheese, as desired.

**Nutrition information per serving:** 571 Calories; 153 Calories from fat; 17g Total Fat (7 g Saturated Fat; 5 g Monounsaturated Fat;) 187 mg Cholesterol; 265 mg Sodium; 55 g Total Carbohydrate; 8.3 g Dietary Fiber; 41 g Protein; 8.1 mg Iron; 10.9 mg Niacin; 0.8 mg Vitamin B<sub>6</sub>; 3 mcg Vitamin B<sub>12</sub>; 7.8 mg Zinc; 41.3 mcg Selenium; 203 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Vitamin B6.

## One Pot Lasagna Pasta

Less muss and less fuss, but still oh-so-satisfying. Blend all the basics—Ground Beef, zucchini, pasta, sauce and cheese—in a single pot, then finish in the oven. Recipe developed by Oh Sweet Basil and the Beef Checkoff.

Recipe time: 50 minutes – Makes 6 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1 medium zucchini, chopped (about 1-1/2 cups)
- 1 jar (24 to 26 ounces) garden-style pasta sauce
- 2 cups water
- 6 ounces uncooked bow tie (farfalle) pasta (about 2-1/8 cups)
- 1/2 teaspoon pepper
- 2/3 cup reduced-fat ricotta cheese
- 1 cup reduced-fat shredded mozzarella cheese
- Thinly sliced or chopped fresh basil



1. Preheat oven to 375°F. Heat ovenproof 5 to 6-quart Dutch oven or stockpot over medium heat until hot. Add Ground Beef and zucchini; cook 8 to 10 minutes, breaking beef into small crumbles and stirring occasionally.
2. Stir in pasta sauce, water and pepper. Bring to a boil, stirring occasionally. Remove from heat. Stir in pasta. Spoon heaping teaspoons ricotta cheese over top of sauce. Slightly swirl ricotta into sauce, not mixing in completely.
3. Cover and bake in 375°F oven 10 minutes. Uncover. Sprinkle with mozzarella cheese. Bake 10 to 13 minutes or until pasta is tender. Let stand 5 minutes. Sprinkle with basil before serving.

**Skillet-Stovetop Method:** Prepare recipe as directed above using 12-inch nonstick skillet and adding uncooked pasta with pasta sauce, water and pepper in step 2. Bring to a boil, stirring occasionally. Reduce heat; cover and cook on stovetop 8 to 11 minutes (13 to 15 minutes for regular bow tie pasta) or until pasta is tender, stirring once. Remove from heat. Swirl ricotta into sauce as directed in step 2. Sprinkle with mozzarella cheese. Cover and let stand 5 minutes or until mozzarella cheese is melted.

**Nutrition information per serving, 1/6 of recipe:** 372 Calories; 108 Calories from fat; 12g Total Fat (6 g Saturated Fat; 2 g Monounsaturated Fat;) 74 mg Cholesterol; 813 mg Sodium; 38 g Total Carbohydrate; 4 g Dietary Fiber; 32 g Protein; 4.2 mg Iron; 5.7 mg Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 4.4 mg Zinc; 12.1 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B12, and Zinc; and a good source of Dietary Fiber, Vitamin B6, and Selenium.

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## Sloppy Joe Bake

*This recipe has all the things you love about Sloppy Joe but baked with pasta. Try this kid-approved recipe today.*  
Recipe time: 40 minutes – Makes 4 servings

- 1-1/2 pounds Ground Beef (80% to 85% lean)
- 1 large yellow onion, chopped (1-1/2 to 2 cups)
- 2 cans (14-1/2 to 16 ounces each) sloppy Joe sauce
- 3 cups uncooked rotini
- 1/2 cup water
- 1 cup shredded Cheddar cheese
- Sliced green onions (optional)



1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and yellow onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Stir in sloppy Joe sauce, rotini and water.

**Cook's Tip:** *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.*

2. Spray 13 x 9-inch glass baking dish with cooking spray. Spoon beef mixture into dish; cover with aluminum foil. Bake in 350°F oven 35 to 40 minutes or until pasta is tender. Uncover; sprinkle with cheese. Continue baking, uncovered, 5 minutes or until cheese is melted.
3. Let stand 5 minutes before serving. Garnish with green onions, if desired.

**Nutrition information per serving:** 542 Calories; 198 Calories from fat; 22g Total Fat (1 g Saturated Fat; 9 g Monounsaturated Fat; 95 mg Cholesterol; 1014 mg Sodium; 47 g Total Carbohydrate; 3.5 g Dietary Fiber; 35 g Protein; 16.9 mg Iron; 7.7 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.7 mcg Vitamin B<sub>12</sub>; 6.4 mg Zinc; 47.6 mcg Selenium. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.*

## Chuckwagon Beef and Pasta Skillet

*A one-pan dish that's at home on the ranch, or on your table. Ground Beef and wagon wheel pasta combine with barbeque sauce for a kid-friendly dinner dish.*

Recipe time: 30 minutes – Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 small green bell pepper, chopped (about 1 cup)
- 1/2 cup chopped onion
- 1 teaspoon salt, divided
- 1-1/4 cup unsalted beef broth
- 1 cup dry mini-wagon wheel pasta or similar shape
- 1/2 cup unsalted ketchup
- 1/4 cup packed brown sugar
- 1/4 cup apple cider vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 cup finely shredded reduced-fat Cheddar or Colby cheese



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Season with 1/2 teaspoon salt.
2. Stir in broth, pasta, ketchup, brown sugar, vinegar, garlic powder and onion powder; bring to a boil. Reduce heat to medium low; cover and simmer 10 to 15 minutes or until pasta is almost tender.

3. Uncover; cook 3 to 5 minutes or until pasta is tender and sauce is thickened, stirring occasionally. Season with remaining 1/2 teaspoon salt. Garnish with cheese.

**Nutrition information per serving:** 430 Calories; 99 Calories from fat; 11g Total Fat (5 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 4.2 g Monounsaturated Fat;) 85 mg Cholesterol; 660 mg Sodium; 47 g Total Carbohydrate; 1 g Dietary Fiber; 36 g Protein; 4 mg Iron; 192 mg Potassium; 7.4 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.5 mcg Vitamin B<sub>12</sub>; 6.9 mg Zinc; 23.4 mcg Selenium; 83.6 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.

## Porcini Mushroom and Beef Bolognese

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.

Recipe time: 1 hour 45 minutes – Makes 8 servings

- 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



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.

**Cook's Tip:** Pancetta is an Italian bacon that is cured but not smoked. Flavorful and slightly salty, it's sliced into rounds of varying thickness from a sausage-shaped roll. Pancetta is available in Italian markets and some supermarkets.

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.

**Cook's Tip:** To easily chop sun-dried tomatoes, use a kitchen scissors to snip the tomatoes into small pieces.

**Nutrition information per serving:** 313 Calories; 117 Calories from fat; 13g Total Fat (6 g Saturated Fat; 3 g Monounsaturated Fat;) 88 mg Cholesterol; 1014 mg Sodium; 14 g Total Carbohydrate; 2.4 g Dietary Fiber; 33 g Protein; 5.2 mg Iron; 7.4 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 19.8 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.