

CREAMY BEEF BOLOGNESE WITH ROASTED PEPPERS

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COOK TIME: 30mins

SERVES: 4

CALORIES: 610 kcal (PER SERVING)

INGREDIENTS

250 g /9 oz pasta
500 g/1.1 pounds ground beef
1 small jar (290 g/10 oz) roasted bell peppers, drained
1/2 cup/120 ml chicken broth
250 ml/1 cup crushed tomatoes
3/4 cup/200 ml heavy cream
150 g/5.5 oz grated cheddar
3 tbsp olive oil
1 small onion, finely diced
3 garlic cloves, minced
2 tbsp tomato paste
spices: 1 tsp each: sweet paprika, crushed red pepper flakes, dried oregano, salt, black pepper
grated Parmesan, for serving
fresh thyme, for serving (optional)

DIRECTIONS

Cook the pasta in a large pot of boiling generously salted water, until al dente, about 1 minute less than package directions (pasta will finish cooking in the sauce).

In a large pot, heat olive oil over low heat. Add onion and garlic, sauté for 2 minutes. Add beef, cook over medium heat, break up into small pieces with a wooden spoon. Add spices, fry until cooked through and browned. Stir in roasted peppers. Pour broth and crushed tomatoes, add tomato paste. Cover and cook for 10 minutes.

Add cream, bring to a boil and toss with pasta. Cook for 1-2 minutes. Remove from the heat. Add cheddar, stir until the cheese is melted.

Serve immediately with grated Parmesan and fresh thyme. Enjoy!

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