



## ZUCCHINI SPAGHETTI WITH HOMEMADE BOLOGNESE SAUCE

This classical family is on a different version with vegetable instead of the pasta. Served with a rich meaty sauce. Delicious healthy version

 25 minutes 1 hour and 15 minutes 6 portions

## INGREDIENTS

- 115 grams of bacon, turkey, unprepared
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 large unit of onions, raw [150 g]
- 1 large unit [7-1/4" to 8-1/2" long] of carrots, raw [72 g]
- 600 grams of naturally steam peeled diced tomatoes [ 1,5 or 2 tins ]
- 900 grams of beef, ground, regular, raw
- 1 tsp of salt, table [6 g]
- 0.8 tps, ground of spices, pepper, black [2 g]
- 50 grams of wine, white, dry, 11°
- 20 grams of tomato paste, canned
- 200 grams of button mushroom or cultivated mushroom, raw
- 2 tps, leaves of spices, oregano, dried [2 g]
- 3 cloves of garlic, raw [9 g]
- 1 cup, grated of cheese, parmesan, low sodium [100 g]
- 7.5 leaves of basil, fresh [4 g]
- 1200 grams of squash, summer, zucchini, includes skin, raw

## COOKING METHOD

- 1° In a large, heavy pot or Dutch oven, cook diced bacon over medium heat until crisp, stirring frequently, 5-6 minutes. Transfer to paper towels with a slotted spoon; set aside.
- 2° Add oil to pot and then add chopped onion, garlic and sliced carrots; cook, stirring frequently, until pan is nearly dry and vegetables are soft, 6-8 minutes. Add sliced mushroom, and Stir in tomato paste; cook 1 minute. Add beef, salt, pepper; cook, breaking up meat with a wooden spoon, until no longer pink, 3-5 minutes
- 3° Add wine; simmer, stirring often, until wine is reduced by half, about 5 minutes. Add tomatoes and reserved bacon; bring to a boil over high heat. Reduce heat to a low simmer; cook, uncovered, stirring occasionally, for 30 minutes [add a bit of hot water if necessary to keep meat and vegetables from sticking].
- 4° Simmer for another 5 minutes. Taste, adjust seasoning and serve.
- 5° Cut the zucchini in Spaghetti shape, Toss in a hot non stick pan with crushed garlic, salt, pepper and 1 spoon of olive oil. Take only 5 min in hot pan to cook and keep it al dente [ crunchy ] serve with the bolognese sauce on top, grated parmesan cheese and fresh basil leaves
- 6° You can as well add dried basil in the process of cooking the bolognaise sauce

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (576 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 121 kcal  | 695 kcal            | 35 %  |
| FAT                          | 9 g       | 51 g                | 78 %  |
| FATTY ACIDS, TOTAL SATURATED | 4 g       | 20 g                | 101 % |
| CHOLESTEROL                  | 22 mg     | 129 mg              | 43 %  |
| SODIUM                       | 162 mg    | 936 mg              | 39 %  |
| CARBOHYDRATE                 | 3 g       | 19 g                | 6 %   |
| SUGARS                       | 2 g       | 11 g                | —     |
| FIBER                        | 1 g       | 5 g                 | 22 %  |
| PROTEIN                      | 7 g       | 40 g                | —     |