

Skillet Lasagna Bolognese

FOUR TO SIX SERVINGS



INGREDIENTS

- 1 (28 ounce) can diced tomatoes
water
- 1 medium onion, minced
- 1 carrot, peeled and minced
- 1 celery stalk, minced
- 3 medium garlic cloves, pressed
(about 1 tablespoon)
- 1/8 teaspoon red pepper flakes
- 3/4 pound ground round or ground chuck*
- 1/2 cup whole milk or half & half
- 8 ounces curly-edged lasagna noodles
(about 10 - 12), broken into 1 1/2 inch lengths
- 1 (8 ounce) can tomato sauce
- 1/2 cup grated parmesan cheese
(plus more for serving; optional)
- 3 tablespoons chopped fresh basil leaves
- olive oil
- salt & pepper

** You can substitute 1/4 pound dark turkey meat and 1/2 pound white turkey meat for the beef for a leaner, low-fat version*

FIRST

Pour tomatoes with their juices into a 1-quart liquid measuring cup. Add water until the mixture measures 1 quart.

SECOND

Coat the bottom of a 12-inch skillet with approximately 1 tablespoon of olive oil. Put onion, celery and carrot in cold pan and set to medium-high heat. Season with salt, pepper and cook for approximately 5 minutes until the oil is no longer cloudy and the water has been released from the vegetables. Stir in the garlic and red pepper flakes and cook until fragrant, about 30 seconds. Add the ground meat and cook, breaking apart the meat, until no longer pink and olive oil is clear. Add milk or half & half and cook until absorbed.

Season with salt & pepper between each ingredient layer to build flavor

THIRD

Scatter pasta over the meat but do not stir. Pour diced tomatoes with their juices and tomato sauce over the pasta. Cover and bring to a simmer. Reduce the heat to medium-low and simmer, stirring occasionally, until the pasta is tender, about 20 minutes.

If you are not using a non-stick skillet, watch for the noodles sticking to the pan

LAST

Remove the skillet from the heat and stir in the parmesan and basil. Season with salt & pepper to taste. Stir and serve.

DEFINITION

Bolognese [boh-luhn-yeyz] – adjective, noun

A meat based sauce for pasta originating in Bologna, Italy. The people of Bologna traditionally serve their famous ragù with freshly made tagliatelle (tagliatelle alla bolognese). Less traditionally, the sauce is served with rigatoni or used as the stuffing for lasagne or cannelloni.