

## Spaghetti Bolognese

**Serves:** 4 - 5

**Time:** Preparation takes about 10 minutes, cooking takes 1 hour and 15 minutes

### Ingredients:

2	Tbs	butter or margarine
1	Tbs	olive oil
2	ea	onions chopped
1	ea	carrot, diced
1	C	ground meat
½	C	tomato paste
		salt
		freshly ground black pepper
1-1/4	C	beef broth
2	Tbs	sherry
1	lb	thin spaghetti
		grated Parmesan cheese

### Directions:

Heat the butter and oil in a pan and cook the onions and carrot slowly until soft (5 min on med heat more or less.) Increase the heat and add the ground beef. Fry for a few minutes, then stir and continue cooking until meat is browned all over. Add the tomato paste, salt and pepper and broth. Simmer gently for about 45 minutes, stirring occasionally until the mixture thickens. Add the sherry to the sauce and cook for a further 5 minutes.

Cook spaghetti - Drain well and place in large pasta bowl. Top with =  
Bolognese sauce and serve w/some grated Parmesan.

from Sylvia Ryan's cook book collection