

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Spaghetti Bolognese

From [www.cookingwithmichelerecipes.blogspot.com](http://www.cookingwithmichelerecipes.blogspot.com)

Serves 4-6

2 tablespoons extra virgin olive oil  
1 medium onion, minced fine  
1 large carrot, minced fine  
1 stalk celery, minced fine  
1 pound ground beef  
3 cloves garlic, minced  
1 teaspoon crushed fennel seeds  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper  
 $\frac{1}{4}$  teaspoon red pepper flakes, crushed  
 $\frac{1}{4}$  cup chopped basil  
2 14-ounce cans diced tomatoes  
 $\frac{1}{2}$  cup red wine  
 $\frac{1}{2}$  cup milk or cream (organic is best!)  
salt and pepper to taste

Heat oil in a medium saucepan over medium heat. Add onions, carrots, and celery and cook until soft, about 10 minutes. Add ground meat and brown, then add garlic and cook for 1 more minute. Add fennel, salt, pepper, red pepper, basil, tomato and red wine and bring to a boil. Reduce heat and simmer, uncovered, until reduced and thickened, about 30 minutes. Add milk and simmer until absorbed and thickened. Salt and pepper to taste and serve over cooked spaghetti or other pasta (preferably whole wheat, spelt or brown rice) with a nice grating of Parmigiano Reggiano cheese.