



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Pasta and Easy Italian Meat Sauce –

**4 tbl. butter
1 tbl. olive oil
1 carrot, grated (about ½ cup)
1 onion, chopped
2 garlic cloves, chopped
1 pound ground beef
1 28-ounce can whole tomatoes
½ cup milk
1 bay leaf
½ tsp. dried thyme
¼ tsp. ground nutmeg
Salt and pepper
1 pound fettuccine
Grated Parmesan cheese for serving.**

- 1. Heat the butter and oil in a large saucepan over medium heat. Stir in the carrot, onion and garlic. Add the ground beef and cook until it turns from pink to brown, about 5 minutes.**
- 2. Add the tomatoes and their liquid, crushing them with the back of a large spoon. Stir in the milk, bay leaf, thyme, nutmeg, ½ tsp. salt and 1/8 tsp. pepper. Simmer 20 minutes.**
- 3. Meanwhile, in a large pot of boiling salted water, cook the fettuccine until al dente according to package instructions, about 12 minutes. Reserve about ½ cup of the cooking water and drain the fettuccine. Return it to the warm pot. Add meat sauce and toss. Add pasta water as needed if the sauce seems dry. To serve, sprinkle with Parmesan cheese.**

Credit: Everyday Food