

Beef and Kale Bolognese

Ground Beef, vegetables, and tomato sauce are slow-simmered and served over pasta.

Prep Time: 20 min Cook Time: 25 min

Total Time: 45 min

Ingredients:

- 1 pound [Ground Beef](#) (96% lean or leaner)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cups shredded kale
- 2 cans (6 ounces each) no-salt added tomato sauce
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 package (16 ounces) uncooked Pappardelle pasta
- 2 tablespoons reduced-fat grated Parmesan cheese
- 2 tablespoons thinly sliced fresh basil



Cooking:

1. Heat oil in stockpot over medium heat until hot. Add Ground Beef, onion and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

2. Stir in celery and carrots; cook 3 to 5 minutes. Add kale, tomato sauce, salt and peppers; simmer 10 minutes to develop flavors, stirring occasionally. Meanwhile, cook pasta according to package directions.
3. Serve sauce over pasta; garnish with Parmesan cheese and basil.