

# Whole Wheat Pasta with Ragu

## INGREDIENTS FOR 1 PERSON

- 60 gr ground veal or beef.
- 70 gr tomato sauce, peeled tomatoes, or fresh tomatoes depending on the season.
- 2 tablespoons of minced vegetables (celery, carrot, and onion).
- Spices to taste.
- 2/3 teaspoons of extra virgin olive oil.
- 80/90 gr whole wheat pasta.
- Salt to taste.
- 2 teaspoons of grated Parmesan cheese.

## PROCEDURE

- Sear the ground meat over medium heat in a non-stick pot to seal it. Once the color changes from red to light, remove from heat and transfer to a bowl.
- In the same pot, add the minced vegetables with two fingers of water. Cook for 10 minutes.
- Add the tomato, ground meat, spices, and salt to the pot (use spices sparingly as they provide flavor).
- Let the ragu simmer with the lid on over medium-low heat for about 40 minutes. If needed, add a splash of boiling water.
- When the ragu reaches the desired density, turn off the heat and add the extra virgin olive oil.
- Cook the whole wheat pasta in lightly salted water, drain, and combine with the ragu. Add the grated cheese.