

Bolognese Sauce

Ingredients

1 T Olive Oil	1 Onion (diced)
1 Carrot (diced)	1 Celery Stalk (diced)
4 oz Crimini Mushrooms (diced)	1 t Thyme (chopped)
2 Rosemary Sprigs	2 Bay Leaves
1 lb Ground Beef removed)	2 Italian Sausage Links (casings
5 clv Garlic (minced)	4 oz Pancetta (diced)
3/4 c Red Wine	2 T Tomato Paste
1/2 c Water	28 oz Crushed Tomatoes
1/4 c Heavy Cream	1/2 c Parsley (chopped)
1 1/2 t Salt	0 pn Ground Nutmeg
1/2 c Parmesan	1/2 t Ground Black Pepper

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Instructions

- 1.Heat olive oil in the Instant Pot insert on the hottest sautÃ© setting. Add onions, carrots, mushrooms, celery, thyme, rosemary, and bay leaves and cook until softened and lightly browned, about 8-10 minutes.
- 2.Add ground beef, sausage, and pancetta to the Instant Pot with 1 1/2 teaspoon kosher salt and 1/2 teaspoon freshly-ground black pepper. SautÃ©, breaking up meats with a spoon, until browned and most of the juices have evaporated.
- 3.Add garlic and tomato paste to the Instant Pot, and cook for 1 minute, until fragrant. Deglaze the insert with red wine, scraping up any brown bits from the bottom. Simmer for 2-3 minutes, until most of the wine has evaporated.
- 4.Stir in crushed tomatoes in purÃ©e, water, and 1/4 cup chopped parsley. Bring to a simmer. Place lid on Instant pot, seal, and set the unit to HIGH pressure for 20 minutes.
- 5.Quick release pressure and carefully lift lid when the float drops. Switch the Instant Pot to the lowest heat sautÃ© setting and bring to a bubble. Simmer, uncovered, for 5-10 minutes, stirring often, until the sauce is thickened to your desired consistency.

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6. Stir in heavy cream, remaining 1/4 cup chopped parsley, and ground nutmeg. Season to taste with salt and pepper. Serve over cooked pasta with plenty of freshly-grated parmesan cheese and a sprinkling of parsley, if desired.