



MAY
2016

Tomato-Garlic Ragu

with Beef, Parmesan, and Thyme

Classic beef ragu requires hours of stovetop simmering to achieve a deep, beefy flavor. In this version, soy sauce is the secret to a slow-cooked taste in just 30 minutes. Your family will love the rich, umami flavor it imparts.



Prep: 15 min
Total: 30 min



level 1



nut free



Ground Beef



Spaghetti



Yellow Onions



Garlic



Thyme



Zucchini



Crushed Tomatoes



Parmesan
Cheese




Soy Sauce



Chili Flakes

Ingredients

		4 People
Ground Beef		20 oz
Spaghetti	1)	12 oz
Yellow Onions		2
Garlic		4 Cloves
Thyme		½ oz
Zucchini		2
Crushed Tomatoes		2 Boxes
Soy Sauce	1) 2)	4 T
Parmesan Cheese	3)	½ Cup
Chili Flakes 		1 t
Olive Oil *		2 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Large pot, Large pan, Strainer

Ruler

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Nutrition per person Calories: 724 cal | Fat: 23 g | Sat. Fat: 10 g | Protein: 48 g | Carbs: 88 g | Sugar: 16 g | Sodium: 1240 mg | Fiber: 6 g



1 Prep the ingredients: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Quarter the **zucchini** lengthwise, then cut into ½-inch pieces. Halve, peel, and dice the **onions**. Mince or grate the **garlic**. Strip the **thyme** off the sprigs and roughly chop the **leaves**.



2 Cook the beef: Heat a large drizzle of **olive oil** in a large pan over medium heat. Add the **ground beef** and cook, breaking up the meat, for 4-5 minutes, until browned but not yet cooked through. Season with **salt** and **pepper**.



3 Start the ragu: Add the **onion** and **zucchini** to the pan with the **beef** and cook, tossing for about 5 minutes, until softened. Add the **garlic**, **thyme**, and **4 Tablespoons soy sauce** to the pan. Cook for 30 seconds, until fragrant.

4 Cook the spaghetti: Add the **spaghetti** to the boiling water and cook for 9-11 minutes, until al dente. Drain, reserving **1 cup pasta water**.



5 Simmer the ragu: While the spaghetti cooks, add the **tomatoes** and **1 cup pasta water** to the pan. Bring to a boil, then reduce to a low simmer for 5 minutes. Season to taste with **salt** and **pepper**.

TIP: If you have more time, you can let the ragu simmer for a little bit longer.

6 Toss and serve: Toss the **spaghetti** into the pan with the **garlic beef ragu** and toss to combine. Serve sprinkled with **parmesan cheese** and **chili flakes**, if desired. Enjoy!

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