

Beef Ragu with Pasta Broccoli

Ditch the high sodium boxed mixes designed to go with a pound of hamburger. This Beef Ragu over Broccoli and Pasta will inspire you to continue with fresh meals that are naturally low in sodium and high in potassium.

Serves 6

1 Tbsp	extra virgin olive oil	1 28-ounce can	no-salt-added crushed tomatoes
8 ounces	93% or leaner ground beef or sirloin	1 Tbsp	Italian seasoning, salt free
1 medium	yellow onion, diced	¼ tsp	crushed red pepper
1 medium	carrot, diced		Parmesan cheese (optional)
2 ribs	celery, diced		
1 tsp	minced garlic		

Ragu Directions:

1. Heat oil in a pan. Add beef, cook, and stir until meat is no longer pink.
2. Stir in onion, carrots, celery, and garlic; reduce heat to medium, cover pan continuing to cook approximately 5 minutes until the vegetables soften.
3. Stir in tomatoes, Italian seasoning, and hot pepper. Bring to a boil, then reduce heat and simmer on low approximately 45 minutes.
4. While the Ragu cooks, prepare the pasta and broccoli:

1 Tbsp	extra virgin olive oil	1 ½ cups	pasta, tubular
½ tsp	minced garlic	pinch	salt
1 head (1 lb.)	broccoli		ground black pepper

Pasta & Broccoli Directions:

1. Bring a large pot of water to boil over high heat.
2. Heat oil and garlic together in a small skillet, over medium heat for about 2 minutes, stirring occasionally, until garlic softens but does not brown. Remove from heat and set aside.
3. Remove broccoli florets, cutting into bite-sized pieces; peel the broccoli stalk with a vegetable peeler, then cut the stalk into ¼-inch thick slices.
4. Place broccoli into boiling water cooking approximately 4 minutes or until crisp-tender. Use a wire colander or large slotted spoon to remove the broccoli and place it in a bowl.
5. Then add pasta to the boiling water and cook according to package directions. During the last minute of cooking time, add the broccoli to the boiling pasta.
6. Drain pasta and broccoli moving it to a serving bowl. Stir in garlic oil mixture and toss.
7. Season to taste with a pinch of salt and black pepper as desired.

To serve, place the hot broccoli and pasta in a serving bowl, top with beef Ragu and sprinkle with Parmesan cheese as desired.



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