Spaghetti Sauce

In a large skillet or medium pot, heat olive oil over medium. Add onion with a pinch of salt and cook, stirring occasionally, until soft and translucent, 3 to 4 minutes. Stir in garlic, fennel seeds and a pinch of red pepper flakes. Cook until aromatic, 1 to 2 minutes. Add red wine and cook down by about half, about 2 minutes.

Step 2
Adjust heat to medium-high and add ground beef in large chunks, then season with 1 teaspoon each of salt and pepper. Cook beef, stirring occasionally and breaking it up with a wooden spoon, until lightly browned and almost cooked through, 4 to 5 minutes. Use a spoon to skim off and discard any excess beef fat that has risen to the surface, as desired.

Step 3
Stir in the tomato purée, the dried basil, oregano and parsley and the granulated sugar. Bring to a boil, adjust heat to low and simmer 20 to 25 minutes, stirring occasionally. Add more salt and pepper to taste.

Step 4
Serve warm over spaghetti with fresh basil and grated Parmesan, or let cool and store in the refrigerator up to 5 days or freezer up to 6 months.