Spaghetti Sauce

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Total Time	45 minutes
Prep Time	5 minutes
Cook Time	40 minutes
Rating	★★★★★ (1,095)

A crowd-pleaser for all ages, this classic spaghetti sauce is thick, meaty and, most importantly, perfectly coats each strand of spaghetti. Garlic, tomato and ground beef are the foundation of this simple sauce, and a mix of dried fennel seeds and herbs adds savory depth. Red wine and a bit of sugar bring out the sweetness of the tomato. The flavors of the sauce intensify with time, so feel free to make it in advance, refrigerate and reheat later. The sauce also freezes well so you can have it on hand for future meals. Don't tell spaghetti, but this sauce is also delicious layered in a lasagna or stirred into a cheesy baked pasta dish.

INGREDIENTS

Yield: 4 to 6 servings

¼ cup olive oil

1 medium yellow onion, diced (about 1 cup)

Salt and pepper

6 garlic cloves, minced

½ teaspoon fennel seeds

Crushed red pepper

½ cup cabernet sauvignon or other dry red wine

1 pound ground beef

1 (28-ounce) can tomato purée

1 tablespoon dried basil

PREPARATION

Step 1

2 tablespoons dried oregano

1 tablespoon dried parsley

2 teaspoons granulated sugar

1 pound cooked spaghetti, for serving

Chopped fresh basil leaves, for serving

Freshly grated Parmesan or pecorino cheese, for serving

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.

Private Notes

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