

Sugo Finto (Tuscan ragu)

¼ cup olive oil, divided

1 medium onion, diced finely

3 medium carrots, peeled and diced finely

2 ribs celery, trimmed and diced finely

Note: equal amounts onion and carrots, half that amount of celery

4 cloves fresh garlic, peeled

6 sage leaves (fresh or dried)

2 sprigs rosemary (fresh or dried)

1 cup fresh parsley, leaves and tender stems (dry also works, about 1 tbsp)

½ cup dry red wine

2 cups tomato sauce

1 pound pasta (spaghetti or bucatini are traditional)

Heat half the oil (2 tbsp) over medium heat in a large pot. Add onion, carrots, and celery and cook, stirring as needed, until the onions are translucent, about 7-10 minutes. Meanwhile, place garlic, sage, rosemary, and parsley together on the cutting board and mince until they are well mixed into very small pieces. Add the herb and garlic mixture to the pot and cook 2-3 more minutes.

Add wine, scraping up browned bits from the bottom of the pan if necessary. Cook for 2-3 minutes. Stir in tomato sauce, plus 1 cup water. Bring to a simmer and cook until thickened, about 30 minutes.

While sauce is cooking, cook pasta until 2 minutes less than the package directions for al dente. Before draining, reserve 1 cup of pasta cooking water. Add drained pasta into the sauce pot, mix well, and continue cooking for 2 more minutes. Add at least ¼ cup of the pasta cooking water to the sauce, but more can be added to adjust the consistency of the sauce.

Remove from heat and stir in remaining 2 tbsp of olive oil, and season with salt and pepper to taste.

For protein in a lentin time, this recipe is also good with 8-12 oz of pre-cooked salad shrimp added along with the olive oil, salt, and pepper at the end.