



FLOUR CITY PASTA

WHOLE WHEAT BASIL GARLIC PAPPARDELLE

With Beef Ragu or vegetarians can exclude the beef

Ingredients:

1 lb. whole wheat basil garlic pappardelle. Boil for 8-10 minutes
 12 ounces lean grass fed ground beef
 1 Tbs. extra-virgin olive oil
 2 medium carrots, chopped
 1 medium onion, chopped
 1 stalk celery, chopped
 12 ounces mushrooms, wiped clean and chopped
 1-28 ounce can diced tomatoes, do not drain
 ½ cup dry red wine
 1 tsp. fennel seeds
 Pinch of red pepper powder
 Salt to taste
 2 Tbs fresh parsley, chopped
 6 Tbs parmesan, fresh grated

Directions:

1. Cook beef in a large skillet over medium high heat until browned.
2. Remove to colander and drain.
3. Heat oil in the skillet over medium high heat.
4. Add carrots, onion, celery.
5. Cook stirring occasionally until onions begin to brown.
6. Add the mushrooms and cook until softened. Add the tomatoes, wine, fennel seed and red pepper.
7. Add meat back into pan and cook until sauce slightly thickens, about 30 minutes.
8. Toss cooked pasta with sauce and sprinkle with parsley and parmesan.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g) Serv. Per Cont. 3 Calories 380 Fat Cal. 20	Total Fat 2.5g	4%	Total Carb. 78g
	Sat. Fat 0g	0%	Fiber 11g	42%
	<i>Trans</i> Fat 0g		Sugars 0g	
	Cholest. 0mg	0%	Protein 17g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 2%	• Vitamin C 0%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Whole Wheat Flour, Organic Wheat, Durum, Organic Basil Leaf, Natural Wheat Protein

CONTAINS: Wheat