

Bolognese Sauce

- by *Healing Family Eats*

(serves 4-6)

2 tbsp solid fat, divided
1 large onion, finely chopped
2 large carrots, chopped
1 large beetroot, grated
2 sticks celery, chopped
310g pastured chicken livers, chopped (or see note above)
900g grass fed beef
3 cups (500ml) beef stock
3 tbsp coconut aminos (I use [this one](#))
2 bay leaves
6 stems fresh thyme
1T fresh rosemary, chopped
1 tsp salt (I use [this one](#))

Preheat the oven to 250°F / 130°C.

Heat 1 tbsp fat in a large lidded casserole (Dutch oven), add the onion and sauté on a low heat for approx 8-10 minutes until softened and translucent. Add the celery, carrots and beetroot to the pan and cook a further 5 minutes, then remove everything to a plate and set to one side.

Put the other tablespoon fat into the pan, add the livers and cook 2 minutes on a medium heat. Add the beef and cook for 5 another minutes. Add the reserved vegetables, together with the herbs, stock and coconut aminos. Bring to the boil, cover with the lid and place in the oven. Cook for as long as you possibly can, but for a minimum of 3 hours, checking a couple of times to make sure the sauce is not drying up. I will happily let mine sit in the oven for 5-6 hours, the longer the better, I think, to let all those flavours develop nicely. When it looks and tastes rich and satisfying, you're good to go! Remove the bay leaves and leafless thyme stems and serve over courgette 'noodles' (zoodles).

zoodles

4 large courgettes (zucchini)
1 tbsp solid fat

Cut the ends off each courgette and peel the skin if you wish (I didn't). Using a spiraliser or a julienne peeler, make long 'noodles' from each courgette. Heat the fat in a large sauté pan, then add the courgette. Cook for about 5 minutes until tender, or however you like to serve them, being careful not to overcook them or they will break up.

