

Instant Pot Bolognese Sauce (Ragu)

Ingredients:

- 1 tablespoon vegetable oil
- 3 tablespoons butter plus 1 tablespoon for adding at the end
- ½ cup chopped onion
- ⅔ cup chopped celery
- ⅔ cup chopped carrot
- 1 pound ground beef (or you can use a pork/beef mixture)
- 2 cloves of garlic, minced
- ½ tsp salt
- ¼ tsp pepper
- ⅛ tsp ground nutmeg
- 1 cup dry white wine (or chicken broth, beef broth)
- 14.5 oz can of canned diced tomatoes, with their juice
- 1 pound of cooked, drained pasta
- Garnish: freshly grated parmesan
- Garnish: parsley

Instructions:

1. Set your pressure cooker to sear/saute. Put the oil, butter and chopped onion into the inner pot. Cook and stir the onion until it has become translucent.
2. Add the chopped celery and carrot. Cook for another couple minutes, stirring vegetables to soften.
3. Add ground beef, nutmeg, salt and pepper. Cook together until the beef is no longer red.
4. Add the wine, the tomatoes and stir thoroughly to coat all ingredients well.
5. Seal the pot and set your pressure cooker on high for 20 minutes.
6. When the time is up, quick pressure release, and turn the pot back to sear/saute. Cook off any remaining liquid (should take 3-5 minutes, but it won't be completely dry because of the oils/fats).
7. Add in your milk, stir well, and bring to a simmer. Simmer for a few minutes stirring often. You'll know it's done when the sauce is all the same color.
8. Add in 1 tablespoon of butter and your cooked pasta. Add a little pasta water if your sauce is too dry.
9. Serve with a sprinkle of parmesan and parsley