

# MEALTIME HELPER

MAKING MEALTIME EASY

## Spaghetti Bolognese - Shopping List

- **Pasta**
  - 12–16 oz (340–450 g) spaghetti (or pasta of choice)
- **Meat**
  - 1 lb (450 g) ground beef (or 50/50 beef + pork mix)
- **Produce**
  - 1 medium onion
  - 1 carrot
  - 1 celery stalk
  - 3–4 garlic cloves
  - 2 tablespoons fresh parsley or basil (small bunch)
- **Canned & Bottled**
  - 1 can (14 oz / 400 g) crushed tomatoes OR diced tomatoes
  - 2 tablespoons tomato paste
  - 1/2 cup (120 ml) dry white wine (optional) or extra stock
  - 1 cup (240 ml) low-sodium beef or chicken stock
- **Dairy & Cheese**
  - 1/2 cup whole milk (or 1/4–1/2 cup cream)
  - 1/2 cup grated Parmesan or Pecorino for serving
- **Pantry & Seasonings**
  - 2 tablespoons olive oil
  - 1 teaspoon dried oregano or Italian seasoning
  - 1–2 bay leaves
  - 1 teaspoon salt
  - 1/2 teaspoon black pepper
  - Pinch of red pepper flakes (optional)

### Notes / Tips:

- If you don't have cooked stock, use water + bouillon.
- For richer flavor, buy extra ground pork or pancetta to substitute part of the beef.