

## Hearty Beef and Mushroom Ragù | bites out of life

Adapted from [Smitten Kitchen](#)

- 2 tablespoons olive oil
- 1 pound ground beef sirloin (I went with 93% lean, but you can use 85/15 also)
- 1 pound mushrooms, thickly sliced
- 1 medium yellow onion, chopped
- 3 large garlic cloves, chopped
- 1/2 cup dry white wine
- 2 15-ounce can crushed tomatoes with garlic, basil and oregano
- 1 tablespoon crushed red pepper
- 1-1/2 cups regular or whole wheat penne
- 3/4 cup grated Pecorino Romano or Parmesan cheese
- salt and pepper, to taste



- 1) In a large heavy pot, add a tablespoon of oil. Season the meat with salt and pepper, then brown over medium-high heat. Using a slotted spoon, transfer the meat to a large bowl and set aside.
- 2) Add the remaining tablespoon of oil to the drippings in pot. Saute the mushrooms and onions until soft, about 15 minutes. Add the garlic and saute for an additional minute.
- 3) Add the wine and cook until almost absorbed, 5 minutes. Stir in the tomatoes and the meat, then cover and simmer over medium heat until the sauce is thickened, about 25 minutes.
- 4) Uncover, and season with crushed red pepper, salt and pepper.
- 5) Cook the pasta according to the package's directions. Drain well, then toss with the sauce. Add the cheese, and serve.

From: <http://www.bitesoutoflife.com/2012/01/10/hearty-beef-and-mushroom-ragu/>