So, I'm sharing today this pasta Bolognese recipe inspired by the traditional recipe with some healthier swaps. First, I don't use pork, which is often used along with beef to add more flavor because of its fat. I only use lean ground beef. But I don't drain the beef after cooking, so it keeps some of the juice for the sauce. Second, I don't use red wine. Instead, I substitute it with pasta water. That still adds lots of flavors and helps the sauce cling better to the pasta.

Instead of ground beef, you can use ground turkey, ground chicken, or even bulk impossible or Beyond Burger Meat.

Any kind of pasta will work with this recipe, or even spiralized Zucchini in place of pasta.

Canned crushed tomatoes of any brand would work, but Bianco DiNapoli will give you the "old world" taste. Amazon or Walmart both sell online.
Bring a large pot of salted water to a boil. Add pasta and cook al dente according to package instructions; drain. Reserve ½ cup pasta water.

2. Heat the olive oil in a large deep sauté pan. Add the beef and season with salt and pepper. Brown the beef and break it into smaller pieces with the back of a wooden spoon until cooked through.

3. Add onions and garlic; and season with oregano, basil and crushed red pepper. Sauté for about 5 minutes until they soften. Add crushed tomatoes and tomato paste and pasta water. Mix to combine, bring mixture to a boil and then simmer on low covered for 30 minutes.

4. Toss the pasta with the Bolognese sauce and top with fresh basil, if desired.