



Paleo Fettuccini with Superfood Bolognese

Active Time: 15 minutes | **Total Time:** 1 hour | **Serves:** 8

Nutrition Information Per Serving

457.2 calories, 31.86 g carbohydrate, 5.19 g fiber, 26.67 g NET carbs, 32.46 g protein, 30.17 g fat

Ingredients

- 16 ounce(s) Cappello's Fettuccine
- 4 ounce(s) pastured chicken livers
- 1 cup chopped organic yellow onion, finely chopped
- 1 28-oz can organic diced tomatoes
- 1 can organic tomato paste
- 1 cup filtered water
- 4 clove(s) organic garlic, crushed
- 2 tsp(s) organic oregano, dried
- 2 Tbsp(s) fresh organic basil, chopped
- 1 Tbsp organic avocado oil
- 2 Tbsp(s) organic balsamic vinegar
- 1/2 tsp(s) sea salt
- 2 pound(s) grass-fed ground beef

Preparation

1. Heat a deep pot over medium heat. Add avocado oil, garlic and onion. Cook, stirring until translucent.
2. While the onions cook, add the liver to a small food processor or Magic Bullet. Puree and set aside.
3. Add the beef, salt and water to the pot with the onions and garlic. Cook 7-9 minutes, stirring, to cook meat through. Pour in liver and cook an additional 2 minutes, stirring to incorporate.
4. Add tomatoes, tomato paste, basil and oregano. Stir in balsamic vinegar.
5. Cover and let simmer over medium low heat for 20 minutes to 1 hour, breaking up tomatoes and stirring occasionally
6. In the meantime, prepare the pasta as instructed. Once drained, toss some of the sauce with the pasta to allow the flavors to absorb.
7. Divide noodles among serving dishes, top with Bolognese, and serve.

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