



# CHEESY BEEF BOLOGNESE GNOCCHI BAKE

FAST. EASY. FRESH.

**1.** Start by preheating your oven to 425°F. Next, peel and finely dice the **carrots** and peel and dice the **onion**. Peel and mince the **garlic**.

**2.** In a large oven-proof pan, heat the **olive oil** over medium heat. When the oil shimmers, add the onions and carrots and season with **salt** and **pepper** to taste. Cook until softened, about 5 minutes. Add the **ground beef** and garlic and cook until the beef is browned and cooked through, about 8-10 minutes.

**3.** Stir in the **diced tomatoes** (don't drain!), **red wine**, and **whole milk**. Add the **Italian Spices** (**bay leaf**, **Italian spices**, and **red pepper flakes**) and simmer the sauce for 15 minutes, or until it has thickened slightly. Taste, and season with salt and pepper as desired.

**4.** Stir in the **gnocchi** and 1/3 cup water. Bring the sauce to a boil and cook for another 5 minutes. Remove the bay leaf and top with the **Italian blend cheese** (alternatively, you can transfer the gnocchi to a greased baking dish and then top with cheese). Transfer to the oven and bake for 15 minutes, or until the sauce is bubbling and the cheese is melted.

**5.** To serve, roughly tear your **basil** and sprinkle over the baked gnocchi. Scoop into dishes and enjoy!

## Ingredients (4 Person Serving – 774 Calories Per Serving)

Olive Oil	2 Tbsp.	Bay Leaf	1
Sweet Onion	1 Large	Italian Blend Spices	4 tsp.
Carrots	2	Red Pepper Flakes	1/8 tsp.
Lean Ground Beef	450 g	Potato Gnocchi	500 g
Garlic	2 Cloves	Italian Blend Cheese	200 g
Diced Tomatoes	1 796 ml Can	Fresh Basil	24 g
Whole Milk	1 Cup	Salt and Pepper	To Taste
Red Wine	1 Cup		



**45** Minute  
Cook  
Time!