**Beef Tomato Sauce Recipe for Four**

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**Ingredients**

* **15 mL olive oil**
* **1/6 onion, finely chopped**
* **½ carrot, finely chopped**
* **1 small stalk of celery, finely chopped**
* **Chunk O' beef**
* **30 mL milk**
* **2 mL parsley**
* **1 clove garlic, minced**
* **1 mL dried basil, and oregano**
* **375 mL canned tomatoes, including the juice**
* **15 mL tomato paste**
* **Salt and freshly ground black pepper to taste**

**Method**

**1 Saute chopped onion, carrot, celery and parsley. Remove from pan.**

**2 Brown ground beef until no pink remains. Add milk and cook gently, allowing meat to absorb the milk.**

**3 Add back all veggies, garlic and seasonings.**

**4 Add the tomatoes, including the juice. Add the tomato paste and the seasonings. Season with salt and pepper to taste. Bring to a low simmer, reduce the heat to low and cook, uncovered until thickened, about 15 minutes or longer.**

Gnocchi

* 1 potato
* 1 egg
* 1 mL salt
* pinch freshly ground white pepper
* 15 mL grated Parmesan cheese
* 275mL unbleached all-purpose flour, or as needed

1. Boil potato until fork tender. Remove from heat, peel.
2. Mash potatoes add egg, salt, pepper, parmesan.
3. Work in flour until a soft smooth dough forms. Knead, working in more flour.
4. Shape as shown.
5. Cook in boiling water until gnocchis float to the surface.

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