Healthy Heart Bolognaise Sauce (Serves 8-10)

Recent studies have found a strong correlation between high levels of lycopene in the blood and lower rates of heart disease and prostate cancer. Lycopene is a plant carotenoid that helps give tomatoes their red color. Surprisingly, the lycopene in tomato products like pastes and sauces is more bio-available than that from in fresh tomatoes. The following is a recipe for a delicious, low fat, high lycopene bolognaise sauce. A little resveratrol from the red wine has been added for good measure. Enjoy!

Ingredients:

Italian spices (dried, crushed basil, parsley, oregano)
1/2 pound (approx.) Italian style ground pork
1 pound (approx.) extra lean ground beef
1, 15 oz. can of pitted, ripe black olives
Half cup, red wine (merlot or cab)
1 medium yellow onion, diced
1 cup, sliced fresh mushrooms
1, 16 oz. can tomato sauce
1, 6 oz. can of tomato paste
Crushed garlic paste
Worcestershire sauce
Ground white pepper
Extra light olive oil
Sugar
Salt

1. In a large (12 inch) skillet, sauté the following ingredients over medium high heat.

   1 tbs. extra light olive oil
   1/2 tbs. crushed garlic
   1/4 tsp. ground white pepper
   1/2 tsp. salt
   1 medium yellow onion, diced
   1 cup sliced mushrooms (approx. 8 oz.)

2. After the onions turn translucent, add 1/4 cup of red wine, cover and simmer for 5 minutes. Remove cover and continue sautéing until the mushroom turn dark brown and the moisture has been removed. Remove onions and mushrooms from the skillet and begin sautéing the following:

   1 lb. (approx.) of lean ground beef
   1/2 lb. (approx.) of Italian style ground pork
   1/2 tbs. crushed garlic
   2 tps. Italian spices
   1/4 tsp. powdered white pepper
1 tsp. salt

Sautéd the meat and spices until brown. Add 1/4 cup of red wine, cover and simmer for 5 minutes. Remove the cover and continue sautéing until all the moisture has been removed. Drain off any excess fat.

3. Drain the can of ripe black olives and chop the olives— save the olive juice (about 1 cup). Dissolve the can of tomato paste in the saved olive juice. To the dissolved tomato paste, add 2 teaspoons of sugar and 1 tablespoon of Worcestershire sauce.

4. Mix the onions, mushrooms and chopped black olives to the meat in the skillet. Add the dissolved tomato paste and stir. Add 1 can of tomato sauce. Mix and simmer over low heat for at least 15 minutes.

Serve with your favorite pasta.