For years, my friends and I would gather for Sunday pasta dinners that we called "Sketti Sunday." One of my best friends would make a spicy Bolognese for us most weeks, and it was always the favorite dish. Nothing brings best friends together more than sharing a meal...and for me, sharing Best Friend Bolognese is the real secret.

BEST FRIEND BOLOGNESE

*Makes **6 servings** / Serving size **1½ cups bolognese + 3 cups squash**
Prep time **10 minutes** / Cook time **1 hour 15 minutes***

INGREDIENTS

1 tbsp olive oil

8oz (225g) diced pancetta

1 cup diced celery (3 stalks)

1 cup diced red onion (½ large)

2 cups diced carrots (3 large)

1 jalapeño, minced

5 cloves garlic, minced

1lb (450g) ground beef

2 tsp freshly ground black pepper

1 tsp cayenne pepper

1 cup beef bone broth

9oz (255g) tomato paste

½ cup plain Greek yogurt

Cooked spaghetti squash or spaghetti, to serve

Shredded Parmesan cheese (optional), to serve

DIRECTIONS

1 In a Dutch oven or large, heavy-bottomed pot, heat the olive oil over medium-high heat. Add the pancetta, and cook for 5 minutes or until browned. Using a slotted spoon, remove the pancetta and set aside, leaving the rendered fat in the pot.

2 Add the celery, onion, carrots, jalapeño, and garlic to the pot, and stir. Cover and cook for 15 minutes, stirring occasionally. Add the ground beef, black pepper, and cayenne pepper. Stir to combine and then cook, uncovered, for 10 minutes.

3 Stir in the broth, tomato paste, and pancetta. Cook, covered, on medium-low heat for 45 minutes, stirring occasionally and making sure to scrape the bottom of the pot.

4 Just before serving, stir in the Greek yogurt. (If you prefer a dairy-free version, you can omit the yogurt; it will just be slightly less creamy.) Serve over spaghetti squash or spaghetti, and top with a sprinkle of Parmesan cheese, if using.

NUTRITION PER SERVING (with spaghetti squash; no Parmesan cheese)
CALORIES: 428; **TOTAL FAT:** 22g; **CHOLESTEROL:** 73mg; **SODIUM:** 493mg; **TOTAL CARB:** 32g; **FIBER:** 7g; **SUGAR:** 16g; **PROTEIN:** 28g