

## **Nana's Italian Pot Roast Recipe with Bolognese Sauce**

This Nana's Italian Pot Roast with Bolognese Sauce is a sensationally tender pot roast braised in a savory tomato sauce that melts in your mouth. It is filled with tons of great Italian flavors and spice.

Prep Time 40 minutes

Cook Time 4 hours

Total Time 4 hours 40 minutes

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### **Ingredients**

- 2 pounds pot roast beef shanks or short ribs
- Salt and pepper to taste
- 3 tablespoons extra virgin olive oil
- 1 1/2 cups chopped onion
- 2 tablespoons minced garlic
- 28 ounces crushed tomatoes 1 can
- 15 ounces tomato sauce 1 can
- 1/3 cup red wine
- 1 cup chicken stock
- 2 tablespoons Italian seasoning and herbs
- 2 tablespoons granulated sugar
- 1/2 teaspoon crushed red pepper flakes
- 1 pound rigatoni pasta
- Garnish: chopped parsley and parmesan cheese

### **Instructions**

1. Preheat oven to 300 degrees.
2. Liberally season both sides of beef with salt and pepper. Don't be shy. They will need lots of flavor.
3. Add olive oil to large pot over medium high heat on stove.
4. Once olive oil is hot, add beef to pot and deeply brown on all sides then remove from pot.
5. Scrap the bottom of the pan to get the flavor back into the oil. Next add chopped onion and sweat them for a few minutes until they start to soften and turn golden.
6. Add in minced garlic and only cook for 1 minute.
7. Pour in crushed tomatoes, tomato sauce, red wine, and chicken stock. Stir in Italian seasoning, sugar, red pepper flakes and salt and pepper to taste. Bring sauce to a simmer.
8. Lastly return browned beef to pot and submerge in the sauce.
9. Bake covered for 3 1/2- 4 1/2 hours or until beef is cooked through, tender and falling off the bone and sauce has thickened. This will depend on the thickness of beef.

10. Remove pot from oven and gently ladle the oil off the top of the sauce which has settled. Simmer over medium low heat to thicken sauce.
11. Cook pasta according to instructions on package and drain.
12. Serve completed gravy by adding pasta to serving platter, topping with meat and gravy and garnishing with chopped parsley and parmesan cheese.

**Notes**

Make sure you use an incredible wine that you would actually drink. Avoid using the cooking wines you find on the shelves in the grocery store.