Eggplant Bolognese with Zucchini Noodles (Low Carb)

Ingredients

1. 1 1/2 lbs. eggplant, diced
2. 1/2 lb. ground beef
3. 2 tbsp extra virgin olive oil
4. Salt and freshly ground pepper
5. 1 large yellow onion, chopped
6. 3 cloves garlic, minced
7. 2 bay leaves
8. 4 sprigs thyme
9. 1 tbsp tomato paste
10. 1/2 cup red wine
11. 1 28-oz. can whole peeled plum tomatoes
12. 6 leaves fresh basil, chiffonade

Instructions

1. Heat the olive oil in a large pan over medium-high heat. Add in the onion and beef and sprinkle with salt and pepper. Cook for 8-10 minutes until the meat is browned. Stir in the eggplant, garlic, bay leaves, and thyme and sauté for an additional 15 minutes.
2. Once the eggplant is tender, stir in the tomato paste. Add the wine and scrape any browned bits off the bottom of the pan. Stir in the tomatoes and slightly crush with a spoon. Bring the mixture to a boil, then reduce the heat and simmer for 10 minutes, stirring occasionally. Adjust salt to taste. Serve warm garnished with fresh basil.

