

# Gluten-Free, Grain-Free Beef Ravioli

<http://thedomesticman.com/2013/03/19/gluten-free-grain-free-beef-ravioli/>



*1 pkg Cappello's fresh lasagna sheets (12oz)  
3 cups (24oz) spaghetti sauce  
1/2 onion, blended  
2 cloves garlic, minced  
1 tbsp fresh parsley  
1/2 tsp each salt and pepper  
1 tsp olive oil  
1 lb ground beef  
1/2 cup heavy cream  
1/2 tsp ground nutmeg  
1 tbsp parmesan cheese  
2 tbsp butter*

Pour your sauce into a pot and let it warm on low as you get the raviolis ready. Blend the onion, garlic, parsley, salt and pepper. In a stockpot, heat the oil on medium heat, then add the blended ingredients. Simmer for about four minutes, stirring frequently. It's important to use a stockpot when making the beef because we're trying to get a finely-minced ground beef, since clumps won't be very appealing in ravioli. Using a stockpot will keep moisture from escaping, and moisture will help keep the beef from clumping.

Stir in the beef, nutmeg, and cream and reduce the heat to med/low. Stirring (as opposed to pounding or mashing) will also help the beef remain clump-free. Continue to stir as the beef slowly cooks, it should take about 15 minutes. Near the fifteen-minute-mark, the cream will have evaporated and the beef will be ready. Stir in 1 tbsp of parmesan cheese and remove from heat. Drain the meat of most of its fat and set aside.

Gently wet two of the lasagna sheets and set them on a cutting board. Place four 1-tbsp clumps of the beef onto one sheet. Cover the sheet with the other sheet, and gently press it down around the beef with your fingers to remove any trapped air. Using a ravioli press or a pizza cutter, cut out your ravioli. Repeat this process with your other lasagna sheets – you should end up with 15 or 16 raviolis.

Use an immersion blender on the sauce to get rid of the chunks. You'll also end up with quite a bit of leftover beef filling – stir it into your spaghetti sauce.

Warm the butter in a large skillet on med/low heat for a couple minutes, then add the ravioli. Toast on each side, about two mins per side, until nice and browned. Pour on the sauce, and bring to a simmer for a minute or two. Serve with a little parmesan cheese sprinkled on top.