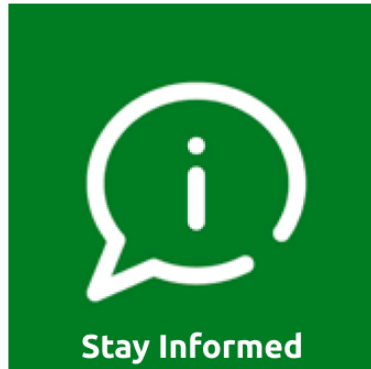
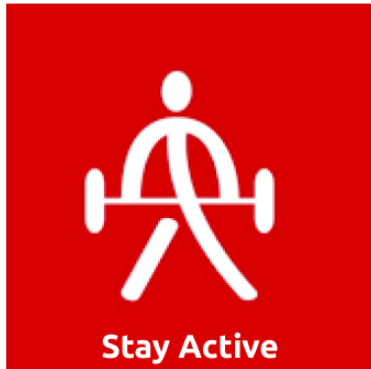


Due to the COVID-19 pandemic, Special Olympics programs across Canada have been suspended. Please check with your provincial chapter for more details on the suspension of programs and updates.

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Cooking & Recipes



[Cooking Pasta with Lauren](#)

Italian Beef Bolognese Sause.
Ingredients include onions, carrots, celery, etc.
Fun to cook with family and friends for food party and family dinner!

- 30mins
- Beef
- Pasta
- English-audio
- Fast-cooking
- Meat



[Making Tacos with Chris](#)

Easy, quick, authentic carne asada street tacos you can now make right at home! Top with onion, cilantro + fresh lime juice! SO GOOD!

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Cooking Pasta with Lauren

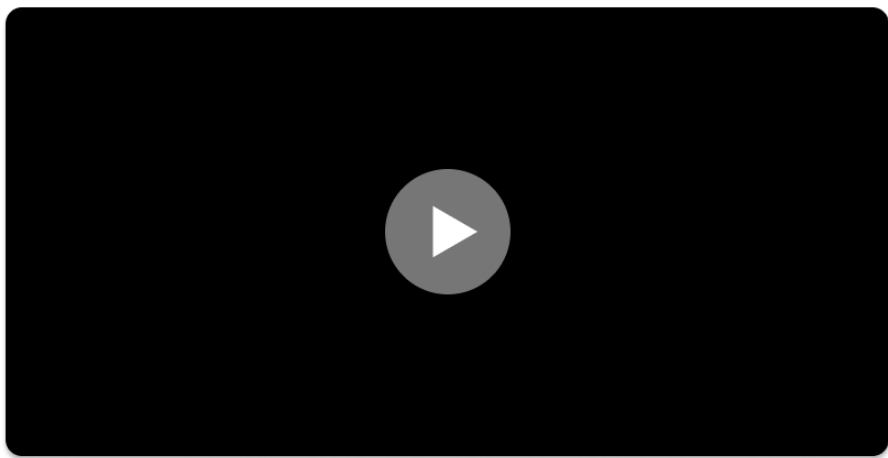
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Cooking Pasta with Lauren

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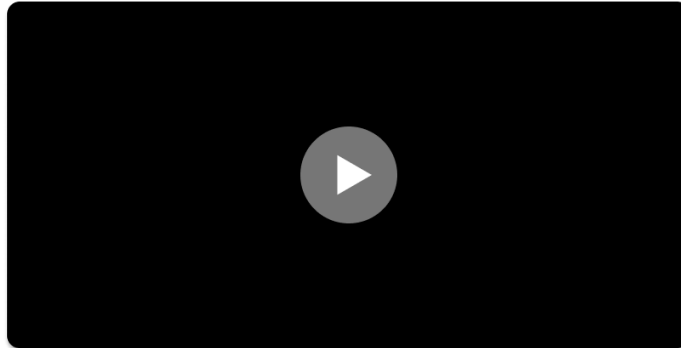


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Ingredients:

- 1 medium onion, chopped
- 1 celery stalk, chopped
- 1 small carrot, peeled, chopped
- 3 Tbsp. extra-virgin olive oil
- 1 lb. ground beef chuck (20% fat), patted dry
- Kosher salt
- 3 oz. thinly sliced pancetta, finely chopped
- 1 cup dry white wine
- 1/3 cup tomato paste
- 1 bay leaf
- Pinch of finely grated nutmeg
- 2 cups (or more) homemade chicken stock or low-sodium chicken broth
- 1 cup whole milk
- 1 lb. fresh tagliatelle or pappardelle, or dry rigatoni
- 2 oz. finely grated Parmesan (about 1/2 cup), plus more for serving



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