

Chunky Pasta Sauce Slow Cooker Style

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
510 min.	12	164 kcal

SAUCE

Ingredients

- [ ] 1 cup beef broth
- [ ] 1 teaspoon brown sugar
- [ ] 15 ounce tomato sauce canned
- [ ] 1 carrots coarsely chopped
- [ ] 0.3 teaspoon ground pepper
- [ ] 2 rib celery stalks coarsely chopped
- [ ] 0.3 cup basil fresh chopped
- [ ] 3 garlic clove crushed

- [ ] 0.5 bell pepper green coarsely chopped
- [ ] 1 teaspoon seasoning italian
- [ ] 2 lbs ground beef lean
- [ ] 1 teaspoon cooking oil
- [ ] 2 onion coarsely chopped
- [ ] 0.5 teaspoon pepper
- [ ] 0.5 bell pepper red coarsely chopped
- [ ] 0.3 teaspoon pepper red
- [ ] 0.5 teaspoon salt
- [ ] 2 shallots chopped
- [ ] 6 ounce canned tomatoes canned
- [ ] 56 ounce tomatoes
- [ ] 0.5 bell pepper yellow coarsely chopped

Equipment

- [ ] frying pan
- [ ] slow cooker

Directions

- [ ] Heat oil; add onions,shallots, celery and saut 5 minutes; add garlic and peppers and saut a few minutes.
- [ ] Transfer to your slow cooker.
- [ ] Add ground beef to your saut pan and cook until meat is brown breaking it up as it cooks; add seasoning and beef broth; blend together.
- [ ] Transfer to you slow cooker.
- [ ] Add remaining ingredients and stir to combine all the ingredients.Cover and cook on High 4 hours or Low 8 hours.Store in individual containers in the freezer.
- [ ] Serve over your favourite pasta or rice.
- [ ] Sprinkle with parmesan cheese.

Nutrition Facts



PROTEIN **44.89%** FAT **25.03%** CARBS **30.08%**

Properties

Glycemic Index:38.99, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:18.31478266094%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 164.23kcal (8.21%), Fat: 4.67g (7.18%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 9.26g (3.37%), Sugar: 7.39g (8.21%), Cholesterol: 46.87mg (15.62%), Sodium: 420.8mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Vitamin C: 43.7mg (52.97%), Vitamin A: 2379.39IU (47.59%), Vitamin B3: 5.84mg (29.22%), Zinc: 4.3mg (28.65%), Vitamin B12: 1.71µg (28.46%), Vitamin B6: 0.55mg (27.58%), Potassium: 829.54mg (23.7%), Phosphorus: 213.31mg (21.33%), Selenium: 13.9µg (19.85%), Iron: 2.99mg (16.62%), Vitamin K: 17.43µg (16.6%), Manganese: 0.32mg (16.21%), Fiber: 3.35g (13.41%), Vitamin E: 1.87mg (12.48%), Vitamin B2: 0.2mg (11.77%), Copper: 0.23mg (11.63%), Magnesium: 46.02mg (11.5%), Folate: 39.88µg (9.97%), Vitamin B5: 0.84mg (8.43%), Vitamin B1: 0.12mg (8.2%), Calcium: 45.71mg (4.57%)