

Hearty Meat Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



362 kcal

SAUCE

Ingredients

- ☐ 1 large bay leaf
- ☐ 13.8 ounce no-salt-added beef broth canned
- ☐ 0.8 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 large clove garlic minced
- ☐ 1.8 pounds ground round
- ☐ 29 ounce no-salt-added tomatoes whole undrained chopped canned

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce no-salt-added tomato paste canned

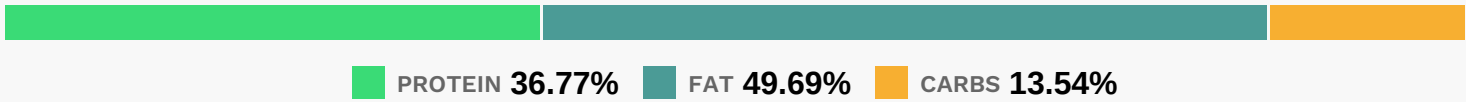
Equipment

- ☐ paper towels
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a large Dutch oven; cook over medium-high heat until meat is browned, stirring until it crumbles.
- ☐ Drain and pat dry with paper towels. Wipe drippings from Dutch oven with a paper towel.
- ☐ Return meat mixture to Dutch oven; add tomato and next 6 ingredients, stirring well. Bring mixture to a boil; reduce heat, and simmer, uncovered, 35 minutes, stirring occasionally.
- ☐ Add parsley; cook 5 minutes.
- ☐ Remove and discard bay leaf.
- ☐ Spoon 1 1/2 cups sauce into each of 5 labeled heavy-duty, zip-top plastic bags. Store in refrigerator up to 1 week or in freezer up to 3 months.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:24.846087300259%

Flavonoids

Apigenin: 4.93mg, Apigenin: 4.93mg, Apigenin: 4.93mg, Apigenin: 4.93mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 362.4kcal (18.12%), Fat: 19.98g (30.73%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 9.37g (3.41%), Sugar: 6.89g (7.66%), Cholesterol: 103.78mg (34.59%), Sodium: 1050.23mg (45.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Vitamin B12: 3.5µg (58.29%), Zinc: 7.42mg (49.49%), Vitamin B3: 9.47mg (47.36%), Vitamin K: 46.95µg (44.72%), Selenium: 31.04µg (44.34%), Vitamin C: 36.33mg (44.04%), Vitamin B6: 0.81mg (40.33%), Phosphorus: 327.8mg (32.78%), Iron: 5.66mg (31.46%), Potassium: 1074.27mg (30.69%), Vitamin B2: 0.38mg (22.45%), Copper: 0.33mg (16.62%), Vitamin E: 2.26mg (15.09%), Vitamin A: 741.96IU (14.84%), Magnesium: 58.68mg (14.67%), Manganese: 0.26mg (13.14%), Vitamin B5: 1.23mg (12.33%), Fiber: 2.88g (11.51%), Vitamin B1: 0.16mg (10.33%), Folate: 33.65µg (8.41%), Calcium: 78.13mg (7.81%)