

How to Make a Simple Meat Sauce

READY IN



70 min.

SERVINGS



6

CALORIES



623 kcal

SAUCE

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 4 cloves garlic minced
- ☐ 1 bunch green onions chopped (white and pale green parts only)
- ☐ 0.5 teaspoon herbs dried italian to taste
- ☐ 0.5 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon parmigiano-reggiano cheese shredded to taste
- ☐ 28 ounce pasta sauce prepared
- ☐ 14.6 ounce penne pasta

- ☐ 1 pinch pepper flakes red to taste
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 1 pound beef top round steak diced

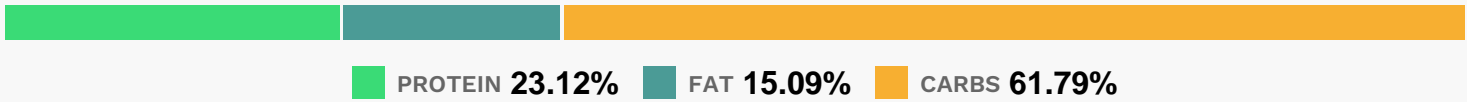
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat and cook beef, stirring often, until well browned, about 15 minutes. Stir garlic and green onions into the beef. Cook until softened, about 2 minutes.
- ☐ Pour beef broth into skillet and scrape up any browned bits on the bottom of the skillet.
- ☐ Pour in milk, bring to a simmer, and stir pasta sauce into beef mixture. Simmer until beef pieces are tender, about 40 minutes. If mixture is too thick, add a little water. Season with salt, black pepper, red pepper flakes, and Italian herbs.
- ☐ Fill a large pot with lightly salted water and bring to a boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, until cooked through but still firm to the bite, about 11 minutes; drain.
- ☐ Pour penne into sauce and toss lightly to coat.
- ☐ Transfer into a serving bowl and serve topped with a sprinkle of Parmigiano-Reggiano cheese.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:39.98, Inflammation Score:-5, Nutrition Score:21.803913126821%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 622.99kcal (31.15%), Fat: 10.25g (15.78%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 94.44g (31.48%), Net Carbohydrates: 89.61g (32.58%), Sugar: 3.68g (4.09%), Cholesterol: 48.67mg (16.22%), Sodium: 140.05mg (6.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.67%), Selenium: 103.53µg (147.9%), Manganese: 1.13mg (56.66%), Phosphorus: 405.74mg (40.57%), Vitamin B6: 0.72mg (36.01%), Vitamin B3: 7.13mg (35.63%), Zinc: 5.24mg (34.9%), Iron: 4.31mg (23.93%), Copper: 0.42mg (21.23%), Magnesium: 84.13mg (21.03%), Fiber: 4.84g (19.35%), Vitamin B12: 1.15µg (19.11%), Potassium: 558.34mg (15.95%), Vitamin B2: 0.22mg (12.85%), Vitamin K: 13.38µg (12.74%), Vitamin B1: 0.18mg (11.92%), Vitamin B5: 1.06mg (10.57%), Folate: 35.71µg (8.93%), Calcium: 78.27mg (7.83%), Vitamin E: 1.12mg (7.46%), Vitamin C: 1.38mg (1.67%), Vitamin A: 82.63IU (1.65%), Vitamin D: 0.22µg (1.5%)