



 **51%**
HEALTH SCORE

Italian Tomato Gravy

 **Gluten Free**  **Dairy Free**

READY IN



690 min.

SERVINGS



32

CALORIES



63 kcal

SAUCE

Ingredients

- 3 beef neck bones
- 32 ounce tomato sauce canned
- 0.5 carrots chopped
- 0.5 cup celery chopped
- 0.5 cup basil dried
- 0.3 cup olive oil
- 0.3 cup oregano dried
- 1 pinch parsley dried italian

- 2 tablespoons cracked pepper black
- 12 ounce san plum tomatoes with basil marzano-style peeled canned
- 1 cup red wine
- 2 tablespoons red wine or as needed
- 12 ounce tomato paste canned
- 1 quart water
- 1 head garlic whole minced
- 0.5 onion yellow chopped

Equipment

- frying pan
- oven
- pot
- blender
- roasting pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place 1 cup red wine, olive oil, beef neck bones, onion, celery, carrot, garlic, and black pepper in a roasting pan; stir to coat.
- Roast neck bones and vegetable mixture in the preheated oven until vegetables are tender, 1 hour. Stir in about 2 tablespoons red wine while scraping any browned bits of food off of the bottom of the pan. Roast until vegetables are browned, about 30 more minutes.
- Pour vegetable mixture into a 16-quart soup pot over medium-low heat; simmer for 30 minutes.
- Add tomato paste, plum tomatoes, tomato sauce, water, basil, oregano, and parsley; stir well. Simmer, stirring occasionally, until sauce reduces, 8 hours.
- Remove neck bones from sauce; scrape marrow out of bones.
- Add marrow to sauce and simmer until dissolved, 1 to 2 more hours.

Transfer sauce to a blender in batches, filling blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree until smooth.

Nutrition Facts



PROTEIN 14.56% FAT 29.78% CARBS 55.66%

Properties

Glycemic Index:11.12, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:12.716521667398%

Flavonoids

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Nutrients (% of daily need)

Calories: 63.32kcal (3.17%), Fat: 2.19g (3.37%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.65g (2.05%), Sugar: 4.37g (4.85%), Cholesterol: 0mg (0%), Sodium: 160.35mg (6.97%), Alcohol: 0.89g (100%), Alcohol %: 0.49% (100%), Protein: 2.41g (4.82%), Vitamin K: 77.69µg (73.99%), Manganese: 0.62mg (31.14%), Iron: 4.25mg (23.59%), Vitamin A: 1177.3IU (23.55%), Vitamin C: 17.14mg (20.78%), Fiber: 3.57g (14.27%), Potassium: 481.51mg (13.76%), Vitamin E: 1.8mg (12%), Magnesium: 47.23mg (11.81%), Calcium: 112.51mg (11.25%), Copper: 0.21mg (10.28%), Vitamin B6: 0.2mg (9.89%), Folate: 32.46µg (8.12%), Vitamin B3: 1.24mg (6.22%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 50.65mg (5.07%), Vitamin B1: 0.06mg (3.96%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.26mg (2.62%)