



Kittencal's Delicious Meaty Pasta Sauce

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



585 kcal

SAUCE

Ingredients

- 1 large bay leaves
- 1.5 cups beef broth
- 8 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 1 teaspoon chilies dried to taste (or)
- 3 teaspoons basil dried
- 0.5 cup wine dry red
- 6 garlic clove finely chopped to taste (or , I like lots of garlic!)

- 1 teaspoon pepper fresh black
- 0.5 lb ground sausage italian
- 1 lb ground beef lean
- 0.8 lb mushrooms fresh whole drained canned (or use a couple cans mushrooms, but is better!)
- 0.3 cup olive oil (or use enough sauce to coat the bottom of your skillet)
- 1 medium onion finely chopped
- 3 teaspoons oregano
- 6 servings parmesan cheese fresh grated
- 1 tablespoon tomato sauce good to taste (or a tomato sauce needs lots of salt)
- 6 ounce canned tomatoes canned
- 1 teaspoon granulated sugar white
- 1 tablespoon worcestershire sauce to taste (or)

Equipment

- wooden spoon
- dutch oven

Directions

- In a Dutch oven heat oil, then add in the basil, oregano, chili flakes, bay leaf and onion; saute, stirring with a wooden spoon for about 4 minutes (this will release the flavors in the spices).
- Add in garlic and cook for 2 minutes.
- Add in tomato paste and cook stirring with a wooden spoon for 2 minutes.
- Add in ground beef and sausage meat; cook until well browned (about 10 minutes) drain any fat.
- Add in the wine and simmer for 2-3 minutes, stirring.
- Add in crushed tomatoes, tomato sauce, beef broth, mushrooms, sugar, 2 tablespoons salt, Worcestershire sauce; bring to a boil, reduce heat and simmer partially covered for about 2 hours (or you can simmer for longer on low heat).Season with black pepper.
- Remove the bay leaf and serve over hot cooked pasta then sprinkle with lots grated Parmesan cheese.

Nutrition Facts

PROTEIN 25.16% FAT 57.13% CARBS 17.71%

Properties

Glycemic Index:65.02, Glycemic Load:5.64, Inflammation Score:-9, Nutrition Score:32.014782729356%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 585.01kcal (29.25%), Fat: 37.08g (57.04%), Saturated Fat: 12.49g (78.07%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 20.31g (7.39%), Sugar: 11.79g (13.1%), Cholesterol: 101.7mg (33.9%), Sodium: 1520.09mg (66.09%), Alcohol: 2.1g (100%), Alcohol %: 0.51% (100%), Protein: 36.74g (73.48%), Selenium: 40.57µg (57.96%), Phosphorus: 528.72mg (52.87%), Vitamin B3: 10.49mg (52.45%), Zinc: 6.79mg (45.25%), Vitamin B6: 0.86mg (43.19%), Vitamin B12: 2.51µg (41.78%), Vitamin B2: 0.67mg (39.58%), Calcium: 386.33mg (38.63%), Potassium: 1322.72mg (37.79%), Iron: 6.45mg (35.86%), Copper: 0.67mg (33.31%), Vitamin E: 4.96mg (33.07%), Manganese: 0.65mg (32.4%), Vitamin K: 33.98µg (32.36%), Vitamin B1: 0.45mg (30.05%), Vitamin C: 22.5mg (27.27%), Vitamin B5: 2.27mg (22.74%), Fiber: 5.54g (22.15%), Magnesium: 87.42mg (21.86%), Vitamin A: 1023.44IU (20.47%), Folate: 52.18µg (13.04%), Vitamin D: 0.34µg (2.26%)