



Meat Sauce and Spaghetti

READY IN



345 min.

SERVINGS



8

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces bacon thick sliced cut into 1-inch pieces
- ☐ 3 cups beef broth
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 56 ounce tomatoes diced canned
- ☐ 3 stalks celery finely chopped
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons marjoram dried
- ☐ 1 ounce porcini mushrooms dried finely chopped
- ☐ 0.8 cup evaporated milk

- ☐ 5 cloves garlic minced sliced
- ☐ 8 ounces coarsely ground beef chuck
- ☐ 1 tablespoon catsup
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 2 large onions finely chopped
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 cup parmesan finely grated
- ☐ 8 ounces coarsely ground pork butt
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 pound pasta like spaghetti dry
- ☐ 1 star anise pod whole
- ☐ 2 tablespoons tomato paste
- ☐ 1 gallon water
- ☐ 1.3 cups white wine divided
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven
- ☐ colander

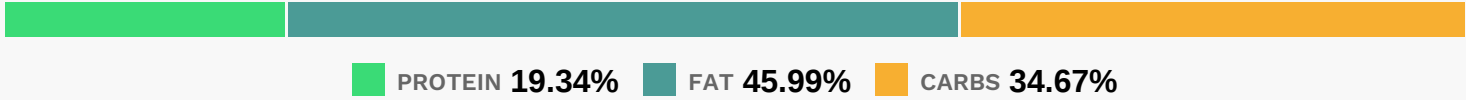
Directions

- ☐ Watch how to make this recipe.
- ☐ Place an 8-quart Dutch oven over low heat and add the bacon. Cook slowly until the bacon is crispy and has rendered its fat, 25 to 30 minutes.

- ☐ Remove the bacon from the pan for another use.
- ☐ Add the onion, salt, and pepper and stir to combine.
- ☐ Place the clove and star anise into a small spice bag, add to the Dutch oven and stir to combine. Cook, uncovered, over low heat, stirring occasionally, until the onions caramelize, 45 to 60 minutes.
- ☐ Add the celery and the 3 cloves of minced garlic to the pan and continue to cook over low heat until the celery is semi-translucent, approximately 30 minutes.
- ☐ Remove the spice bag from the pot.
- ☐ Meanwhile, place a wide 4-quart saute pan, over high heat.
- ☐ Add 1 tablespoon of the olive oil and once it shimmers, add the beef chuck and the pork butt and cook, stirring frequently, until the meat is well browned, 4 to 5 minutes.
- ☐ Transfer the meat to a colander to drain. Return the pan to high heat, add 1/2 cup of the wine and deglaze the pan, scraping up any browned bits from the bottom of the pot.
- ☐ Transfer these bits and any remaining wine to the Dutch oven along with the meat.
- ☐ Add another 1/2 cup of the wine, evaporated milk, beef broth, and mushrooms to the Dutch oven and stir to combine. Cover and cook over low heat, stirring occasionally, for 3 hours.
- ☐ Once the sauce has been cooking for 1 1/2 hours, place the 4-quart saute pan over medium heat and add 1 tablespoon of olive oil. Once it shimmers, add the 2 cloves of sliced garlic and cook for 30 to 45 seconds or until fragrant. Do not allow the garlic to brown.
- ☐ Add the tomatoes, oregano, basil, and marjoram and cook until most of the liquid has evaporated, approximately 30 minutes.
- ☐ Add the remaining 1/4 cup wine, tomato paste, ketchup, vinegar, and Worcestershire sauce and stir to combine. Decrease the heat to low and simmer for 30 minutes. Increase the heat to medium high; add the remaining 1 tablespoon of olive oil, and cook, stirring constantly, for 2 to 3 minutes.
- ☐ Transfer the tomato mixture to the meat mixture and stir to combine. Simmer the sauce, uncovered, over low heat, stirring occasionally, while preparing the pasta.
- ☐ Bring the water and salt to a boil over high heat. Carefully add the pasta, stirring quickly to separate. Cover and return to a boil, being careful that the water does not boil over. Once boiling again, uncover and continue to cook until slightly less than al dente, 5 to 6 minutes.
- ☐ Drain in a colander.
- ☐ Add the pasta to the meat sauce and cook, over low heat, for another 2 to 3 minutes or until the pasta is al dente.

- ☐
- Add the Parmesan cheese and toss to combine.
- ☐
- Transfer pasta and sauce to a serving bowl or individual bowls and serve.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:10, Inflammation Score:-8, Nutrition Score:24.566521862279%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 508.22kcal (25.41%), Fat: 24.91g (38.33%), Saturated Fat: 8.33g (52.05%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 37.46g (13.62%), Sugar: 11.13g (12.36%), Cholesterol: 60.86mg (20.29%), Sodium: 3169.22mg (137.79%), Alcohol: 3.86g (100%), Alcohol %: 0.48% (100%), Protein: 23.58g (47.15%), Selenium: 39.22µg (56.02%), Vitamin B6: 0.74mg (36.81%), Manganese: 0.71mg (35.49%), Phosphorus: 353.89mg (35.39%), Vitamin B3: 6.8mg (33.99%), Copper: 0.6mg (29.83%), Potassium: 1028.67mg (29.39%), Vitamin C: 23.97mg (29.05%), Vitamin B2: 0.49mg (28.83%), Vitamin B1: 0.4mg (26.68%), Zinc: 3.91mg (26.07%), Iron: 4.56mg (25.34%), Calcium: 251.46mg (25.15%), Vitamin K: 23.45µg (22.33%), Vitamin B5: 2.15mg (21.52%), Magnesium: 84.92mg (21.23%), Fiber: 4.81g (19.22%), Vitamin E: 2.85mg (19.01%), Vitamin B12: 1.12µg (18.7%), Folate: 48.74µg (12.19%), Vitamin A: 484.12IU (9.68%), Vitamin D: 0.47µg (3.11%)