

# **Savory Meat Base**



### Ingredients

i teaspoon bottled gariic minced
1 large bell pepper green chopped
3 pounds ground beef lean
26 ounce tomatoes
2 large onion chopped
O.5 teaspoon pepper
1 teaspoon salt

## **Equipment**

Ш	ziploc bags	
	dutch oven	
Di	rections	
	Cook first 4 ingredients in a large Dutch oven over medium-high heat; stir until crumbled and no longer pink.	
	Drain mixture; return to Dutch oven.	
	Stir in marinara sauce, salt, and pepper; cover and simmer, stirring occasionally, 15 minutes. Cool 10 minutes. Spoon about 4 cups each of mixture into 2 heavy-duty zip-top plastic bags; freeze until ready to use.	
	Heat 1 package (4 cups) Savory Meat Base, thawed, in a Dutch oven over medium heat. Stir in 1 (14 1/2-ounce) can diced tomatoes with Italian herbs, 1 (8-ounce) can tomato sauce, 1 teaspoon dried Italian seasoning, and 1/2 teaspoon dried basil. Cover, reduce heat, and simmer 20 minutes.	
	Serve over 12 ounces hot cooked spaghetti with a tossed green salad and garlic bread. Makes 6 servings.	
	Heat 1 package (4 cups) Savory Meat Base, thawed, in a Dutch oven over medium heat. Stir in 2 teaspoons chili powder and 1 teaspoon brown sugar. Cover and simmer, stirring occasionally, 15 to 20 minutes.	
	Serve on hamburger buns with potato chips and fresh fruit. Makes 6 servings.	
	Heat 1 package (4 cups) Savory Meat Base, thawed, in a Dutch oven over medium heat. Stir in 1 (14 1/2-ounce) can diced tomatoes, 2 teaspoons chili powder, 2 teaspoons paprika, and 1 bay leaf. Cover, reduce heat, and simmer 15 minutes. Discard bay leaf. Stir in 4 cups hot cooked elbow macaroni; cook 5 more minutes. Top with sour cream and sliced green onions. Makes 6 servings.	
	Nutrition Facts	
	PROTEIN 56.34%  FAT 29.43%  CARBS 14.23%	
Properties		

Glycemic Index:18, Glycemic Load:2.49, Inflammation Score:-6, Nutrition Score:22.456956588704%

#### **Flavonoids**

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.02mg, Myricetin: 0.02mg,

#### Nutrients (% of daily need)

Calories: 275.49kcal (13.77%), Fat: 8.86g (13.63%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.22g (2.63%), Sugar: 5.37g (5.97%), Cholesterol: 105.46mg (35.15%), Sodium: 841.92mg (36.61%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.17g (76.33%), Vitamin B12: 3.81µg (63.5%), Zinc: 8.96mg (59.74%), Vitamin B3: 10.41mg (52.03%), Selenium: 30.43µg (43.48%), Vitamin B6: 0.86mg (42.81%), Phosphorus: 377.8mg (37.78%), Vitamin C: 25.9mg (31.4%), Iron: 5.11mg (28.37%), Potassium: 957.03mg (27.34%), Vitamin B2: 0.35mg (20.62%), Vitamin B5: 1.45mg (14.49%), Magnesium: 57.42mg (14.35%), Copper: 0.27mg (13.44%), Vitamin E: 1.89mg (12.59%), Manganese: 0.22mg (10.81%), Fiber: 2.41g (9.65%), Vitamin A: 476.29IU (9.53%), Vitamin B1: 0.12mg (8.14%), Folate: 26.01µg (6.5%), Vitamin K: 4.97µg (4.74%), Calcium: 40.75mg (4.07%), Vitamin D: 0.17µg (1.13%)