



Savory Meat Base



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 large bell pepper green chopped
- ☐ 3 pounds ground beef lean
- ☐ 26 ounce tomatoes
- ☐ 2 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

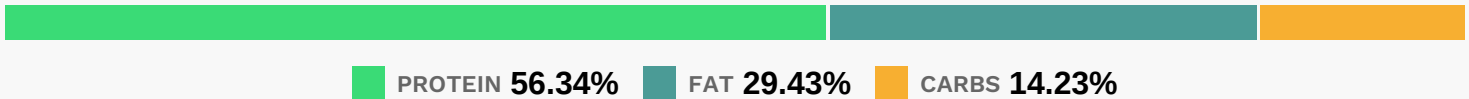
Equipment

- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ 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



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 Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

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: 0g (100%), Alcohol %: 0% (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%)