



Slow-Cooked Ragù



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



12

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 ounce canned tomatoes unsalted crushed canned
- ☐ 1 tablespoon canola oil
- ☐ 0.7 cup carrots diced
- ☐ 0.7 cup celery diced
- ☐ 2 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup cooking wine dry white

- ☐ 2 tablespoons garlic fresh minced
- ☐ 12 ounces ground pork lean
- ☐ 1 pound ground sirloin 90% lean ()
- ☐ 1.3 cups onion diced
- ☐ 2 ounces pancetta chopped
- ☐ 1 teaspoon salt divided
- ☐ 0.3 cup tomato paste unsalted
- ☐ 4 ounce turkey sausage link italian hot

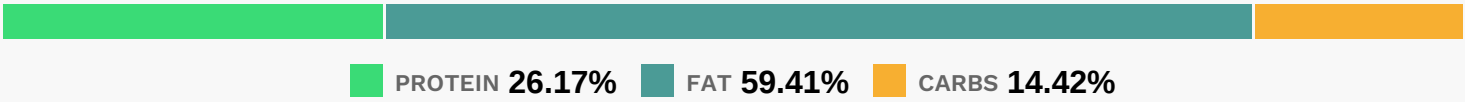
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place pancetta in a large skillet over medium-high heat; cook 4 minutes or until beginning to brown, stirring occasionally.
- ☐ Add sirloin; cook 3 minutes or until browned, stirring to crumble.
- ☐ Place sirloin mixture in a 6-quart electric slow cooker. Return skillet to medium-high heat.
- ☐ Add ground pork and sausage; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add pork mixture to slow cooker.
- ☐ Return skillet to medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, carrot, and celery; saut 4 minutes.
- ☐ Add tomato paste and garlic; cook 2 minutes, stirring frequently.
- ☐ Add wine; bring to a boil. Cook 2 minutes or until wine mostly evaporates, scraping pan to loosen browned bits.
- ☐ Add stock, tomatoes, 3/4 teaspoon salt, pepper, and bay leaf; bring to a boil. Carefully pour stock mixture into slow cooker; cover and cook on LOW for 6 hours. Discard bay leaf. Stir in remaining 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:1.89, Inflammation Score:-8, Nutrition Score:12.689565280209%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 252.43kcal (12.62%), Fat: 16.21g (24.94%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.43g (4.93%), Cholesterol: 55.44mg (18.48%), Sodium: 511.55mg (22.24%), Alcohol: 1.03g (100%), Alcohol %: 0.64% (100%), Protein: 16.07g (32.13%), Vitamin A: 1393.05IU (27.86%), Selenium: 17.7µg (25.29%), Vitamin B3: 4.89mg (24.44%), Vitamin B6: 0.43mg (21.74%), Vitamin B1: 0.3mg (20.29%), Zinc: 2.85mg (18.97%), Vitamin B12: 1.08µg (18.05%), Phosphorus: 178.31mg (17.83%), Iron: 2.81mg (15.64%), Potassium: 500.07mg (14.29%), Vitamin B2: 0.22mg (12.97%), Vitamin C: 9.94mg (12.04%), Manganese: 0.19mg (9.5%), Copper: 0.18mg (8.79%), Magnesium: 30.98mg (7.75%), Vitamin E: 1.12mg (7.48%), Vitamin B5: 0.67mg (6.75%), Fiber: 1.65g (6.58%), Vitamin K: 6.89µg (6.56%), Folate: 18.64µg (4.66%), Calcium: 39.99mg (4%)