



Slow-Simmered Meat Sauce with Pasta

READY IN



510 min.

SERVINGS



8

CALORIES



577 kcal

SAUCE

Ingredients

- ☐ 0.5 cup basil fresh
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 1 cup carrots chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 6 garlic clove minced
- ☐ 1 pound ground sirloin
- ☐ 8 ounce ground sausage italian hot
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 1 teaspoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 3 ounces parmesan fresh shaved
- ☐ 16 ounces soup noodles uncooked
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup tomato paste
- ☐ 1 cup tomato sauce

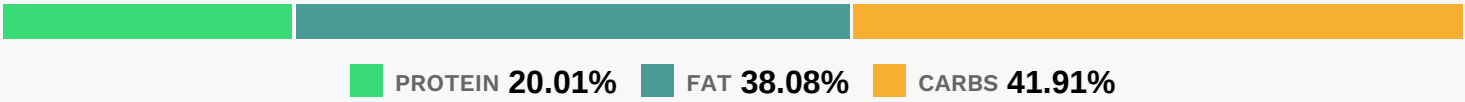
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and carrot to pan; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly.
- ☐ Place vegetable mixture in a 6-quart slow cooker.
- ☐ Add sausage and beef to skillet; saut 6 minutes or until browned, stirring to crumble.
- ☐ Remove beef mixture from skillet using a slotted spoon.
- ☐ Place beef mixture on a double layer of paper towels; drain.
- ☐ Add beef mixture to slow cooker. Stir olives and next 6 ingredients (through tomato sauce) into slow cooker. Cover and cook on LOW 8 hours. Stir in oregano.
- ☐ Prepare pasta according to package directions, omitting salt and fat.
- ☐ Serve sauce with hot cooked pasta; top with basil and cheese.

Nutrition Facts



Properties

Glycemic Index:59.24, Glycemic Load:22.35, Inflammation Score:-10, Nutrition Score:27.895217708919%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 576.69kcal (28.83%), Fat: 24.58g (37.82%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 54.61g (19.86%), Sugar: 11.36g (12.62%), Cholesterol: 67.33mg (22.44%), Sodium: 1196.83mg (52.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Selenium: 56.1µg (80.15%), Vitamin A: 3387.76IU (67.76%), Manganese: 0.95mg (47.33%), Phosphorus: 388.09mg (38.81%), Vitamin B6: 0.68mg (34%), Vitamin B3: 6.61mg (33.07%), Zinc: 4.7mg (31.32%), Potassium: 976.9mg (27.91%), Vitamin B12: 1.62µg (26.93%), Copper: 0.53mg (26.28%), Iron: 4.7mg (26.08%), Fiber: 6.28g (25.13%), Vitamin B1: 0.36mg (24.26%), Calcium: 228.55mg (22.86%), Vitamin C: 18.52mg (22.45%), Magnesium: 87.03mg (21.76%), Vitamin E: 3.19mg (21.28%), Vitamin K: 21.75µg (20.71%), Vitamin B2: 0.32mg (18.59%), Vitamin B5: 1.25mg (12.49%), Folate: 46.75µg (11.69%)