



Spaghetti Sauce

READY IN

ready

135 min.

SERVINGS

servings

12

CALORIES

calories

597 kcal

SAUCE

Ingredients

- ☐ 4 bay leaves
- ☐ 12 servings garlic–cheese bread for serving
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 56 ounce tomatoes crushed canned
- ☐ 2 pounds pasta like spaghetti with olive oil, for serving cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 8 basil leaves fresh chopped
- ☐ 0.3 cup parsley fresh finely minced
- ☐ 6 cloves garlic minced

- ☐ 5 pounds ground beef (I used ground round)
- ☐ 1 teaspoon ground thyme
- ☐ 2 teaspoons kosher salt
- ☐ 1 jar tomatoes good store-bought canned (you can use another jar if you like the sauce to be more saucy than meaty)
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon ground oregano
- ☐ 0.5 cup parmesan grated plus more for serving
- ☐ 1 rind from wedge parmesan whole
- ☐ 2 tablespoons sugar
- ☐ 6 ounce tomato paste canned
- ☐ 2 large onions diced yellow

Equipment

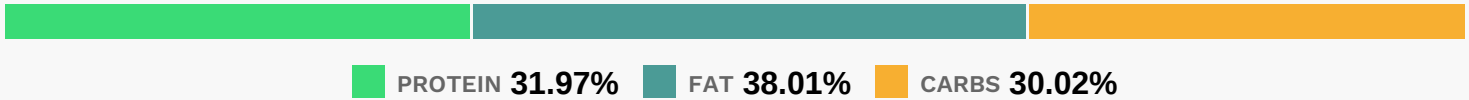
- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot over medium-high heat, brown the ground beef until totally browned.
- ☐ Remove the meat from the pot with a slotted spoon and put into a bowl. Set aside.
- ☐ Discard any grease in the pot, but do not clean the pot.
- ☐ Drizzle in the olive oil. When it is heated, throw in the diced onions. Stir it around for 1 1/2 minutes, and then add the garlic. Stir and cook for an additional minute.
- ☐ Add the crushed tomatoes, tomato paste and marinara sauce. Stir to combine, and then add the sugar, salt, oregano, thyme, crushed red pepper (if using) and bay leaves. Stir, then add the cooked ground beef and stir to combine.
- ☐ Place the lid on the pot and allow to simmer for 1 hour, stirring occasionally.
- ☐ Add a little water or some low-sodium broth if it needs more liquid.

- ☐
- After an hour, add the minced parsley, basil and the Parmesan rind if using (or grated Parmesan if you prefer--or both!). Stir to combine, and then put the lid back on and allow it to simmer for another 30 minutes or so. Discard the bay leaves before serving.
- ☐
- Serve a big bowl of oiled noodles and the spaghetti sauce so guests can serve themselves. Top each serving with minced parsley and grated Parmesan (or Parmesan shavings) and serve with a big piece of garlic-cheese bread.
- ☐
- Amen.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:17.4, Inflammation Score:-8, Nutrition Score:34.294348110323%

Flavonoids

Apigenin: 23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg, Apigenin: 23.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg, Isorhamnetin: 2.98mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 596.63kcal (29.83%), Fat: 25.31g (38.94%), Saturated Fat: 9.29g (58.08%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 38.62g (14.04%), Sugar: 13.5g (15%), Cholesterol: 126.83mg (42.28%), Sodium: 1096.09mg (47.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.91g (95.82%), Selenium: 54.15µg (77.36%), Vitamin B12: 4.23µg (70.48%), Zinc: 10.27mg (68.48%), Vitamin B3: 12.77mg (63.87%), Vitamin B6: 1.12mg (56.08%), Phosphorus: 506.07mg (50.61%), Iron: 8.53mg (47.41%), Potassium: 1400.38mg (40.01%), Manganese: 0.78mg (39.2%), Copper: 0.63mg (31.47%), Vitamin E: 4.35mg (28.98%), Vitamin C: 23.56mg (28.56%), Vitamin B2: 0.48mg (28.1%), Magnesium: 103.6mg (25.9%), Fiber: 6.36g (25.45%), Vitamin K: 25.66µg (24.44%), Vitamin B5: 1.95mg (19.51%), Vitamin B1: 0.26mg (17.4%), Calcium: 166.26mg (16.63%), Vitamin A: 721.51IU (14.43%), Folate: 51.99µg (13%), Vitamin D: 0.21µg (1.4%)