



## Splendicious Slow Cooker Spaghetti Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**555 min.**

SERVINGS



**16**

CALORIES



**173 kcal**

SAUCE

### Ingredients

- 1 teaspoon brown sugar
- 15 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 0.5 teaspoon cayenne pepper
- 2 tablespoons basil dried
- 0.7 cup mushrooms fresh sliced
- 0.7 cup parsley fresh chopped
- 2 cloves garlic crushed chopped

- 1 cup olives green sliced
- 0.5 teaspoon ground cumin
- 1 teaspoon ground pepper white
- 0.5 teaspoon hungarian paprika
- 12 ounce mild sausage links to package directions and coin italian
- 3 tablespoons olive oil
- 2 teaspoons oregano dried
- 1 cup red wine
- 4 teaspoons sea salt
- 43.5 ounce stewed tomatoes canned
- 1 cup onion sweet divided finely chopped

## Equipment

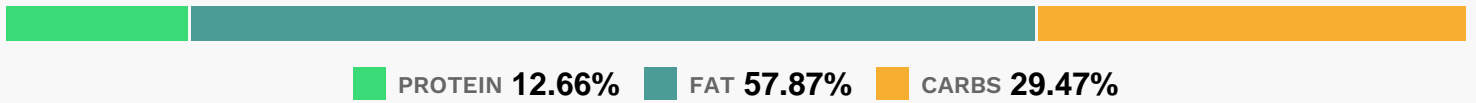
- frying pan
- wooden spoon
- slow cooker

## Directions

- Mix together the crushed tomatoes, tomato sauce, stewed tomatoes, 1 cup of red wine, green olives, 4 teaspoons of sea salt, basil, oregano, paprika, and cayenne pepper in a slow cooker. Set the cooker to Low.
- While the cooker is warming up, place 3 tablespoons of olive oil in a skillet over medium heat, and cook 3/4 cup of sweet onion until the onion just begins to soften, about 2 minutes; stir in 1 clove of garlic. Cook the mixture for 3 more minutes before mixing in parsley and mushrooms. Reduce heat, and simmer the mixture for about 10 minutes. Stir in the brown sugar, and mix to dissolve.
- While the parsley and mushrooms are simmering, heat 3 more tablespoons of olive oil in a skillet over medium heat, and stir in the remaining onion and the sausage. Brown the sausage, breaking the meat up into crumbles as it cooks, about 10 minutes; season the mixture with white pepper and cumin.

- Pour 1 cup of red into the skillet, and scrape the pan with a wooden spoon to dissolve any brown flavor bits into the wine. Simmer for about 10 minutes; pour the sausage mixture into the skillet with the parsley and mushrooms. Bring to a simmer over medium–low heat just until all the ingredients have had time to introduce themselves to each other, about 10 minutes.
- Pour the sausage mixture into the slow cooker.
- Cook on Low for 8 hours to overnight.
- Add more red wine or water if needed to prevent the sauce from getting too thick and burning on the bottom.

## Nutrition Facts



### Properties

Glycemic Index:17.31, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:12.151739153687%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 173.35kcal (8.67%), Fat: 11.05g (17%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 9.68g (3.52%), Sugar: 6.86g (7.62%), Cholesterol: 16.16mg (5.39%), Sodium: 1234.02mg (53.65%), Alcohol: 1.59g (100%), Alcohol %: 0.91% (100%), Protein: 5.44g (10.88%), Vitamin K: 58.25µg (55.47%), Vitamin C: 17.03mg (20.65%), Iron: 3.13mg (17.41%), Vitamin E: 2.5mg (16.68%), Potassium: 520.88mg (14.88%), Manganese: 0.29mg (14.47%), Vitamin B1: 0.21mg (14.28%), Copper: 0.27mg (13.73%), Vitamin A: 664.07IU (13.28%), Vitamin B3: 2.41mg (12.04%), Fiber: 2.98g (11.93%), Vitamin B6: 0.23mg (11.26%), Selenium: 6.82µg (9.75%), Magnesium: 36.28mg (9.07%), Phosphorus: 83.27mg (8.33%), Vitamin B2: 0.14mg (8.29%), Calcium: 79.39mg (7.94%), Folate:

23.85µg (5.96%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.51mg (5.13%), Vitamin B12: 0.2µg (3.25%)