



HEALTH SCORE

76%

Sunday Meat Sauce with Orecchiette



Very Healthy

READY IN



290 min.

SERVINGS



6

CALORIES



1873 kcal

SAUCE

Ingredients

- ☐ 6 bay leaves
- ☐ 2.5 pounds beef shin bone-in
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 10 cloves garlic; 2 minced smashed
- ☐ 0.8 pound ground beef
- ☐ 0.8 pound ground pork
- ☐ 2 pounds sausage sweet italian hot halved (half , half)

- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup milk
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion quartered
- ☐ 1 pound orecchiette pasta
- ☐ 0.8 cup parmesan cheese grated plus more for garnish
- ☐ 84 ounce san marzano plum tomatoes canned
- ☐ 12 ounce tomato paste canned
- ☐ 3 slices bread white toasted cut into 1/4-inch pieces

Equipment

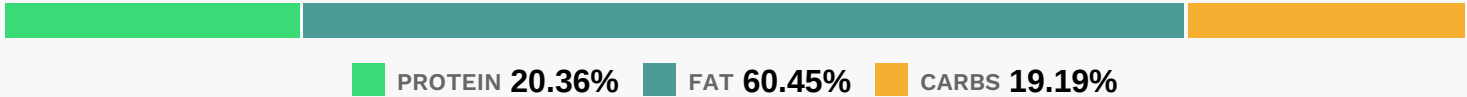
- ☐ bowl
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Soak the bread in the milk until the liquid is absorbed, about 8 minutes. Meanwhile, combine the ground beef and pork in a bowl with the egg, cheese, minced garlic, parsley, 1 teaspoon salt, and pepper to taste.
- ☐ Add the soaked bread and mix with your hands until combined. Form into 16 meatballs.
- ☐ Heat the olive oil in a heavy-bottomed pot over medium heat.
- ☐ Add the meatballs and cook, turning, until browned on all sides, about 10 minutes.
- ☐ Transfer to a paper-towel-lined plate.
- ☐ Add the beef shin and sausage to the pot and cook until browned, turning, about 10 minutes.
- ☐ Transfer the meats to a large bowl.
- ☐ Add the onion and smashed garlic to the pot and fry until soft, about 4 minutes.
- ☐ Crush the tomatoes into the pot with your hands and pour in the juices. Stir in the tomato paste, season with salt and pepper and cook 5 minutes.

- ☐ Add 5 cups water and the bay leaves, then return the meatballs, beef shin and sausage to the pot, stirring carefully. Bring to a low boil, stir, then reduce the heat to low. Cover and simmer 2 hours, or until the shin meat is very tender. Uncover and simmer until the sauce thickens and the shin meat is falling off the bone, about 1 hour 30 minutes.
- ☐ Transfer all the meats with a slotted spoon to a bowl and cover with foil. Simmer the sauce to thicken, about 20 minutes. Discard the bay leaves.
- ☐ Meanwhile, bring a large pot of salted water to a boil; add the pasta and cook as the label directs.
- ☐ Drain and toss with enough sauce to coat lightly, then top with more sauce and the meat.
- ☐ Garnish with parmesan, if desired.
- ☐ Photograph by Marcus Nilsson

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:33.81, Inflammation Score:-10, Nutrition Score:65.59130444734%

Flavonoids

Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 1872.73kcal (93.64%), Fat: 125.09g (192.44%), Saturated Fat: 44.64g (278.99%), Carbohydrates: 89.37g (29.79%), Net Carbohydrates: 80.27g (29.19%), Sugar: 17.49g (19.44%), Cholesterol: 374.49mg (124.83%), Sodium: 1896.22mg (82.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.81g (189.61%), Selenium: 147.45µg (210.64%), Vitamin B12: 7.38µg (123.06%), Vitamin B1: 1.74mg (115.98%), Vitamin B3: 22.83mg (114.14%), Zinc: 17.09mg (113.93%), Phosphorus: 1103.83mg (110.38%), Vitamin B6: 2.11mg (105.56%), Vitamin K: 99.42µg (94.69%), Vitamin C: 70.41mg (85.34%), Manganese: 1.58mg (78.82%), Vitamin A: 3905.98IU (78.12%), Potassium: 2629.55mg (75.13%), Vitamin B2: 1.05mg (62.03%), Iron: 10.89mg (60.49%), Magnesium: 184.84mg (46.21%), Copper: 0.91mg (45.35%), Fiber: 9.1g (36.4%), Vitamin E: 5.46mg (36.4%), Vitamin B5: 3.6mg (35.97%), Folate: 140.06µg (35.02%), Calcium: 339.68mg (33.97%), Vitamin D: 0.7µg (4.66%)