

Bolognese Meat Sauce

Ingredients

- 1 cup onion
- 1 clove garlic
- 1/2 tsp vegetable oil
- 11-1/2 oz frozen cooked beef crumbles
- 1/3 cup canned diced tomatoes, no salt added
- 2-2/3 cup canned tomato sauce, no salt added
- 1/2 cup canned tomato paste, no salt added
- 1 tsp garlic, granulated
- 1/2 tsp black pepper
- 1/2 tsp cayenne pepper
- 1 tsp oregano leaves, dry
- 1 tsp thyme leaves, dry
- 1 tsp kosher salt
- 1 tsp onion powder

Directions

1. Mince onion and garlic together in food processor or small dice onions and mince garlic.
2. Heat oil in a pan and sauté onion and garlic for about 2 minutes.
3. Add meat and remaining ingredients, be sure to include the liquid in the diced tomatoes. Season and reduce heat to low. Simmer for 45 minutes. Taste and adjust seasonings as needed.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 251 calories, 10.86 g fat, 5.21 g saturated fat, 858 mg sodium, 22.62 g carbohydrate, 6.79 g fiber, 9.5 g sugar, 18.02 g protein