

Veggie Packed Meat Sauce

Ingredients

1 each Onion, roughly chopped
3 each Carrots, roughly chopped
1 each Zucchini, roughly chopped
1 each Bell pepper, roughly chopped
5 each Garlic cloves, roughly chopped
2 Tbsp Olive oil
1 lb Ground meat (beef, pork, chicken, or turkey)
2 tsp. Salt
1/2 tsp. Ground black pepper
3 Tbsp. Italian seasoning
1/4 cup Tomato paste
1/4 cup Red wine, bone broth or water
28 oz. Crushed tomatoes, canned
2 tsp. Honey
1/4 cup Basil, Fresh

Method

- In a food processor add all the vegetables- onion, carrots, zucchini, pepper, and garlic. Mince well.
- Heat a large pan on medium-high heat, add olive oil.
- Add minced vegetables, cook for 10-15 minutes allowing to caramelize.
- Push vegetables to the side of pan, add ground meat to the pan .Break up the ground meat while cooking, add salt, pepper, italian seasoning, and tomato paste. Cook until meat is no longer pink.
- Add your choice of liquid, crushed tomatoes, and honey. Cover the pan and allow to simmer on low heat for 10-15 minutes. Stirring occasionally.
- To serve: Toss with 1lb of cooked pasta, optional to garnish with fresh basil and shaved parmesan.

Nutrition Information

Servings: 6
Serving Size: ~1/2 cup meat sauce + ~1 cup pasta
Calories: 490
Fat:9g
Carbohydrates: 75g
Fiber: 6g