

Homemade italian Spaghetti Sauce

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spaghetti-sauce-recipe-with-pork>

Ingredients:

- 1/2 pound ground beef
- 1/2 pound pork sausage substitute with all beef, if desired
- 1/2 onion finely diced
- 6 cloves garlic finely diced
- 56 ounces crushed tomatoes I prefer Muir Glen Organic Fire Roasted Crushed Tomatoes
- 6 ounces tomato paste I omit this, because my husband doesn't like when I add it, but if you want a really tomato-y sauce, try it!
- 2 tablespoons italian seasoning
- 1 tablespoon sugar if desired, optional
- salt
- pepper

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 80 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 1460 milligrams
9. Sugar: 9 grams
10. TransFat: 0.5 grams

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