

Quick Italian Meat Sauce

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-italian-meat-sauce-recipe>

Ingredients:

- 1 pound ground beef
- 3 cloves garlic finely minced
- 1/2 teaspoon kosher salt
- 2 tablespoons tomato paste
- 2 teaspoons anchovy paste
- 1/2 cup red wine
- 56 ounces chopped tomatoes or boxes
- 1 teaspoon dried oregano
- basil optional
- shredded Parmesan cheese optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 85 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 620 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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