

Homemade Spaghetti Sauce

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-sauce-recipe-ground-beef-italian-sausage>

Ingredients:

- 2 tablespoons olive oil
- 1 white onion large, minced
- 5 cloves garlic crushed
- 1/2 cup chicken broth
- 28 ounces crushed tomatoes
- 15 ounces tomato sauce
- 6 ounces tomato paste
- 1 tablespoon white sugar
- 1 tablespoon fennel seeds
- 1 tablespoon ground oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh basil chopped
- 1/4 cup fresh parsley chopped

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 670 milligrams
8. Sugar: 10 grams

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