

Slow Cooked Spaghetti Sauce

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 1/2 pounds extra lean ground beef
- 8 ounces spicy Italian sausage or sweet
- 1 sweet onion large, finely diced
- olive oil
- 2 tablespoons Worcestershire sauce
- 4 cloves garlic finely minced
- 1 1/2 tablespoons Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon coarse sea salt [more or less to your taste]
- 1/2 teaspoon freshly ground black pepper
- 24 ounces marinara sauce [i.e. Bertolli Five Cheese]
- 16 ounces basil garlic & oregano tomato sauce
- 14 1/2 ounces basil garlic & oregano diced tomatoes
- 6 ounces basil garlic & oregano tomato paste
- 4 tablespoons brown sugar [more or less to taste]
- 1/4 cup chopped fresh basil
- 16 ounces thin spaghetti cooked to al dente

Nutrition:

1. Calories: 1330 calories
2. Carbohydrate: 136 grams
3. Cholesterol: 220 milligrams
4. Fat: 47 grams
5. Fiber: 15 grams
6. Protein: 95 grams
7. SaturatedFat: 14 grams
8. Sodium: 3180 milligrams
9. Sugar: 33 grams

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