

Pasta Sauce, Meatballs, Sausage and Bracirole

Yield: 12 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-chop-recipe-with-tomato-sauce>

Ingredients:

- 2 bay leafs – Garlic powder – Salt/Pepper
- fresh parsley This is Important!! It MUST be fresh parsley!
- 1 onion vedalia, Not too large but bigger than medium
- 5 cloves garlic Must be fresh chopped
- Cajun seasonings Just a dash. I recommend Tony's Chachere's. Is this Italian? No, but it does add a nice kick to the sauce. You can al...
- olive oil Recommend "Filippo BERIO Olive Oil" imported from Italy
- 2 tablespoons sugar You're going to add this later on during the cooking
- 75 ounces tomato sauce cans of, or puree
- 12 ounces tomato paste cans of
- 29 ounces diced tomatoes cans of
- 14 1/2 ounces petite cut diced tomatoes cans of, (I recommend Hunts or San Marzano's from Cento if you can get them. Hunts is what my...
- red wine (I recommend Villa Pozzi)
- 2 slices pork chops Average size, thin and with the bone. This comes into the recipe when you start making the Meatballs.
- 1 package mild Italian sausage I recommend mild Johnsonville Sausage
- cup water you will be adding approximately 49.5 oz. of water along the way during the cooking process. This is an important step so pa...

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 8 grams
6. Protein: 6 grams

7. SaturatedFat: 2 grams
 8. Sodium: 960 milligrams
 9. Sugar: 25 grams
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