

# Easy Weeknight Bolognese Sauce

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/east-weeknight-recipe>

## Ingredients:

- 1 1/3 pounds ground beef
- 1 sweet onion large, chopped
- 8 ounces sliced mushrooms 3 cups
- 5 cloves minced garlic 2 Tbs
- 15 ounces tomato sauce cans
- 2 teaspoons kosher salt
- 1 teaspoon black ground pepper
- 2 teaspoons dried basil
- 1 dried oregano
- 1/2 cup red wine
- 1/4 cup fresh basil torn or roughly chopped

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 70 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 1160 milligrams
9. Sugar: 10 grams
10. TransFat: 1 grams

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