

Greek Style Meat Sauce {Makaronia Me Kima}

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-recipe-with-ground-beef-and-pasta>

Ingredients:

- 2 tablespoons olive oil
- 1 red onion large, chopped or sliced
- 3 cloves garlic chopped
- 1 pound ground beef
- 1 tablespoon tomato paste
- 1/2 cup white wine or red wine
- 28 ounces tomatoes can crushed or pureed
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1 tablespoon dried oregano
- 1/2 teaspoon sugar
- 4 leaves fresh mint chopped
- fresh parsley a good handful chopped
- salt
- pepper
- 1/2 pound pasta

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 320 milligrams

9. Sugar: 10 grams
 10. TransFat: 1 grams
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