

# Kangaroo Bolognese

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kangaroo-curry-recipe>

## Ingredients:

- 1 1/8 pounds kangaroo minced
- 1 medium onion diced
- 1 package frozen spinach
- 2 5/8 cups chopped mushrooms
- 1 medium zucchini diced
- 2 cans crushed tomatoes
- 1 dash butter or oil, olive or macadamia
- dried herbs
- basil
- oregano
- pepper
- salt

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 260 milligrams
9. Sugar: 4 grams

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