

Homemade Meat Sauce

Yield: 16 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-sauce-recipe>

Ingredients:

- 1 pound ground beef
- 1 pound ground Italian sausage
- 1 onion medium, chopped, about 1 cup
- 4 cloves garlic minced
- 28 ounces crushed tomatoes
- 15 ounces tomato sauce
- 6 ounces tomato paste
- 2 tablespoons sugar
- 1 1/2 teaspoons dried basil
- 1 teaspoon italian seasoning
- 1/2 teaspoon fennel seeds
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 330 milligrams
9. Sugar: 6 grams

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