

# Grandma's Meat Sauce

Yield: 12 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-veal-sausage-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 pound sweet Italian sausage sliced
- 1 pound round steak cubed
- 1 pound veal cubed
- 4 cloves garlic chopped
- 56 ounces whole peeled tomatoes crushed
- 1 tablespoon italian seasoning
- 1 bay leaf
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried parsley
- 28 ounces tomato sauce

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 65 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 5 grams
8. Sodium: 540 milligrams
9. Sugar: 6 grams

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