

Best Ever Spaghetti Sauce

Yield: 8 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/meatloaf-recipe-with-hamburger-and-italian-hot-sausage>

Ingredients:

- 1/2 pound hamburger
- 1/2 pound hot sausage leave these out for vegetarian version
- 1 onion chopped
- 3 cloves garlic minced
- 8 ounces fresh mushrooms carton of, buttons, shitake or baby bellas - sliced
- 1 tablespoon olive oil
- 2 cans crushed tomatoes
- 1 can tomato paste
- 2 teaspoons raw sugar
- 1 teaspoon cumin
- 1 teaspoon oregano
- salt
- pepper
- 1 box of Morning star farms sausage patties for vegetarian/vegan option– see directions below
Morning star farms, patties for vegetari...

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 40 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 5 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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