

Old Italian Meat Sauce

Yield: 20 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/skinny-italian-old-world-pizza-dough-recipe>

Ingredients:

- 2 pounds lean ground beef
- 1 pound ground pork
- 2 tablespoons olive oil
- 2 onions chopped
- 1 clove garlic crushed
- 3 cups red wine
- 2 pounds fresh mushrooms sliced
- 1/4 teaspoon dried rosemary
- 4 tablespoons fresh oregano chopped
- 1/4 teaspoon chopped fresh thyme
- 87 ounces tomato sauce
- 6 ounces tomato paste
- 2 tablespoons grated Parmesan cheese

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 18 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 630 milligrams
9. Sugar: 14 grams

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