

Old School Italian Meat Sauce

Yield: 12 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-porkchops-with-garlic-nd-crushed-tomato>

Ingredients:

- 1 teaspoon coconut oil
- 1 1/2 pounds pork chops bone in or boneless
- salt
- ground black pepper
- 1 pound italian sausage chicken, turkey, or pork
- 2 onions medium, diced, about 2 cups
- 1/2 tablespoon dried oregano
- 3 tablespoons tomato paste
- 1 tablespoon unsweetened cocoa powder
- 6 cloves garlic minced, about 2 tablespoons
- 1/4 cup balsamic vinegar
- 5/8 cup beef broth
- 56 ounces crushed tomatoes
- 1/4 cup fresh basil leaves slivered
- 2 tablespoons warm water
- 1/4 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1/2 pound ground beef
- 1/2 pound ground pork or turkey
- 2 cloves minced garlic about 2 teaspoons
- 1 tablespoon tomato paste
- 1 tablespoon balsamic vinegar
- 1/2 cup fresh parsley leaves minced, about 2 tablespoons
- 1 teaspoon salt
- 1/2 teaspoon Italian herbs blend
- 1/4 teaspoon crushed red pepper flakes

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 8 grams
8. Sodium: 980 milligrams
9. Sugar: 2 grams

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