

Sausage Seasoning

Yield: 6 min
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-sausage-seasoning-recipe>

Ingredients:

- 1 pound ground meat
- 1/2 teaspoon paprika
- 3/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon fennel seed optional
- 1 pinch rosemary sage and thyme, or poultry seasoning
- 1 pound sausage your choice
- 2 cups chopped celery
- 1 cup chopped onion
- 3 cups zucchini cut up
- 28 ounces crushed tomatoes
- 1 teaspoon italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon salt real
- 1 teaspoon sugar unrefined
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 105 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 10 grams

8. Sodium: 1430 milligrams
 9. Sugar: 4 grams
 10. TransFat: 1 grams
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