

Southern Spaghetti Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/tomatoe-relish-recipe-southern>

Ingredients:

- 1 1/2 pounds lean ground beef
- 1 onion large, diced
- 1 green bell pepper diced
- 1 clove garlic minced
- 12 ounces tomato paste
- 8 ounces tomato sauce
- 14 1/2 ounces stewed tomatoes
- 1 tablespoon italian seasoning
- 1 tablespoon worcestershire sauce
- 1 tablespoon sugar the original recipe calls for 2 tablespoons, but I just add one
- 1 teaspoon salt
- 1 cup water

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 105 milligrams
4. Fat: 10 grams
5. Fiber: 8 grams
6. Protein: 42 grams
7. SaturatedFat: 4 grams
8. Sodium: 1880 milligrams
9. Sugar: 25 grams

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