RECIPE

Homemade Meat Sauce



Ready in **21/2 hours***

Serves **16 people**

What you need:

- Cutting board
- Chef's knife
- Large pot
- Wooden spoon
- Can opener
- Measuring spoons
- 1 cup measure (dry)

*To reduce cooking time, strain diced tomatoes before adding to pot

Ingredients

- 2 lbs ground meat (*or TVP)
- 1 cup of cooked lentils (or mixed beans)
- ½-1 onion, diced
- 1-2 Tbsp minced garlic
- 1 Tbsp dried oregano
- ½ Tbsp dried basil
- 1 tsp crushed chili flakes
- ~1 tsp salt and pepper
- 680 ml can tomato sauce*
- 800 ml can diced tomatoes
- 1 cup tomato paste
- ½ Tbsp sugar

Preparation

1. **Mash lentils (if adding). Mix with ground meat in a bowl.**
2. Heat 1 tbs oil in a large pot over medium high heat. Add diced onion and garlic, stirring about 2 minutes until tender. Add spices (basil, oregano, chilis, salt & pepper).
3. **Add ground meat & lentil mixture to pot.** Stir while cooking for about 5-10 minutes until no longer pink.
4. **Add tomato sauce, tomato paste and diced tomatoes* as well as sugar.**
5. Stir well. Turn heat down to low-medium and allow to simmer for about 2 hours, stirring every 30 minutes or so.
6. Use in your favorite dish (below)

Walsh Nutrition
WHOLEHEARTED LIVING

Homemade Meat Sauce:

How to create 14 delicious meals from one staple recipe!

As is:

- ❏ **Spaghetti:** Add on top of cooked spaghetti noodles for traditional spaghetti dinner
- ❏ **Low-Carb spaghetti:** Add to roasted spaghetti squash (for increased veggies and lower carb)
- ❏ **Baked Pasta Casserole:** Add to a casserole dish with leftover pasta; add in diced peppers and mushrooms; top with shredded cheese. Bake at 350 for 30 minutes
- ❏ **Lasagna:** Layer cooked lasagna noodles in a 9x13 pan with sauce, as well as premixed 'wet' cheese (1 tub cottage or ricotta cheese, 1 egg, 1 cup strained frozen spinach, oregano)+ shredded parmesan and mozzarella cheese; layer meat sauce, noodles, 'wet' cheese mix + shredded cheeses for about 3 layers, ending with shredded cheese. Bake at 350degrees F for about 45 minutes.
    - ❏ For lower carb version, use zucchini strips instead of pasta
- ❏ **Baked pasta shells**: similar to lasagna, but fill cooked large pasta shells with 'wet' cheese mix and line sauce-covered 9x13 pan with filled shells; top with remaining sauce; sprinkle with grated cheese. Bake at 350 for 30-40 minutes.

TURN MEAT SAUCE INTO CHILI:

Per 4 cups of sauce: add 2 tbsp chili powder, 1 tsp cumin, ½ tsp cumin, 1 cup kidney beans (or mixed beans)

- Serve as chili with side salad and whole grain roll
- **Chili Fries:** Top homemade sweet potato fries with chili and shredded cheese; serve with raw sliced cucumbers and carrots
- **Chili wraps:** Add ¼ cup to whole grain tortilla, add shredded lettuce, sliced peppers, avocado and a tbsp greek yogurt (or sour cream) + 1-2 tbsp shredded cheese
- **Burrito platter:** Make a lettuce burrito platter: heat chili, wash boston or leaf lettuce leaves; shred cheese, dice tomatoes, peppers and avocados- fill lettuce wraps with above!
- **Taco salad**: top 2-4 cups of chopped lettuce with diced cucumbers, olives and diced peppers with ⅔ cup heated chill, ⅓ cup plain greek yogurt + 2 tbsp fresh shredded cheese. Mix well (can also add crushed nacho chips)
- **Make Chili-burger soup**: add 2 cups of chili to pot; add 2-3 cups frozen mixed vegetables (corn/pean/bean blend is great), ½ cup cooked barley or rice, and 4 cups of beef stock. Stir over med-high heat until hot. *for more tomato flavour, also add additional ½-1 cup tomato sauce.
- **Chili Sloppy Joes:** top your favorite whole grain roll with ¼ hot chilli, 2 tbsp shredded cheese, sliced avocado & grilled mushrooms. Serve with roasted mixed veggies or a salad.
- **Chili Budha bowl:** top cooked quinoa with leftover roasted veggies and 1 cup hot chili.
- **Chili Pizza:** top pizza crust of choice (home-made, Naan bread or baked cauliflower crust) with ½-1 cup minced chili sauce; layer with shredded cheese and favorite veggies. Bake at 425 degrees F for 15-20 minutes.