

Spaghetti Sauce

Ingredients

1 lb ground beef
1 lb ground beef
1 lb ground medium Italian sausage
3 cloves garlic, chopped
1 medium onion, chopped
8-oz mushrooms, sliced
1/3 cup dehydrated red & green peppers (or 1 pepper, any color, chopped)
2 tsp oregano
2 bay leaves
½ tsp red pepper flakes
3 small carrots, finely chopped
1 tsp black pepper
1 tsp salt
4-15 oz cans tomato sauce

Directions

1. In a large pot, sauté onion and garlic in olive oil for 5 minutes.
2. Add mushrooms, peppers, and carrots and sauté for 10 minutes or until all vegetables are soft.
3. Add ground beef and Italian sausage and crumble until well browned.
4. Add spices and tomato sauce and simmer for 30 minutes.

Recommended to serve over Tinkyada Brown Rice Spaghetti.