

Homemade Bolognese Sauce

Most canned pasta sauces are full of sugar and salt. Make this healthier version at home and pair with whole wheat pasta sauce or spaghetti sauce. This sauce is really easy to make and also freezes beautifully if you'd like to freeze half the recipe and have some on hand for those nights where you just don't have time to cook.

Prep: 10 minutes • Total: 30 minutes

Ingredients:		
Onions, small, diced	1 each	1 each
Garlic cloves, minced	5 each	5 each
Mushrooms, sliced	1 cups	250 mL
Zucchini, medium, chopped	1 each	1 each
Peppers, diced	1 each	1 each
Olive oil	2 Tbsp	30 mL
Ground beef	2 ½ cups	600 g
Diced tomatoes, low sodium,	1 each	1 each
canned, 796 mL		
Tomato paste, canned, 156 mL	1 each	1 each
Sugar	1 Tbsp	15 mL
Black pepper	1 tsp	5 mL
Dried oregano	2 Tbsp	30 mL
Dried thyme	1 Tbsp	15 mL
Dried basil	2 Tbsp	30 mL
Chili powder	1 tsp	5 mL
Dried parsley	1 tsp	5 mL
Salt	¼ tsp	1 mL

Directions:

- 1. In a frying pan over medium-high heat, brown the ground beef in 1 Tbsp of olive oil.
- 2. In a large stock pot, add the remaining olive oil the vegetables. Sauté until tender, about 5-10 minutes.
- 3. Once the beef has browned, add to the stock pot. Add the remainder of the ingredients to the stock pot.
- 4. Simmer on low heat for 15-20 minutes.

Nutri Serving Size Servings Per	(273g)		cts	
Amount Per Ser	ving			
Calories 290	Calor	ies from	Fat 130	
		% Da	aily Value*	
Total Fat 15g	3		23%	
Saturated	Fat 5g		25%	
Trans Fat (0g			
Cholesterol	60mg		20%	
Sodium 180	mg		8%	
Total Carbohydrate 15g 5%				
Dietary Fib	er 3g		12%	
Sugars 9g				
Protein 25g				
Vitamin A 159	% • \	Vitamin 0	C 100%	
Calcium 6%	•	Iron 25%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrat Dietary Fiber	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

Makes 8 servings (273 g / serving) • 1 serving = 1 cup