



Meat Sauce

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
3	onions, chopped	3
6 cloves	garlic, minced	6 cloves
4	red peppers, chopped	4
8 cups	mushrooms, sliced	2 L
8 (28 oz) cans	low sodium tomatoes, diced or crushed	8 (796 mL) cans
4 tbsp	basil, dried	60 mL
1 tbsp	oregano, dried	15 mL
1 tbsp	thyme, dried	15 mL
1 tsp	salt	5 mL
½ tsp	pepper	2 mL
Optional:		
1 tbsp	sugar	15 mL
2 (6oz) cans	tomato paste	2 (170 mL) cans

Instructions

1. Heat oil in large pot on medium-high heat. Add beef and cook until thoroughly done (165°F/75°C). Drain fat.
2. Add onions and sauté until soft.
3. Add garlic. Cook 1 – 2 minutes.
4. Add sliced mushrooms. Cook on medium heat until mushroom liquid has been reduced.
5. Add peppers, tomatoes, spices, salt, and pepper. Simmer for 30 minutes to an hour. Season with salt and pepper.

6. Add sugar if sauce is too acidic. Add tomato paste if sauce is too thin.

Vegetarian Substitution suggestion:
Tofu Sauce (see recipe)

Note: Nutrition Information is on page 2.

Nutrition Information
Serving 230 g ($\frac{3}{4}$ cup)
Calories 140
Fat 5 g
Saturated 1.5 g
+ Trans 0 g
Sodium 100 mg
Carbohydrates 11 g
Fibre 2 g
Sugars 7 g
Protein 12 g
Calcium 40 mg
Iron 2 mg

Food Guide Servings
$\frac{1}{2}$ Vegetable & Fruit
1 Meat & Alternative