

# MUSHROOM-Y MEAT SAUCE

## PREP TIME

15 mins

## COOK TIME

45 mins

## SERVINGS

6

## INGREDIENTS

1 tablespoon vegetable oil or olive oil  
1 onion, peeled and diced  
1 large carrot, peeled and diced  
2 stalks celery, diced  
1 pound ground turkey, beef, or chicken  
6 ounces mushrooms- of any kind, wiped clean and diced finely  
2 teaspoons garlic powder- or 2 tablespoons minced garlic

1 teaspoon salt  
1 teaspoon black pepper  
1 can tomato paste  
1 large can low sodium crushed tomatoes  
1 teaspoon dried oregano  
1 tablespoon dried basil  
1 pound pasta, cooked according to package directions

## METHOD

1. In a large saucepan, over medium heat add oil, carrots, and, celery. Sauté for 2 minutes until onion is clear.

2. Add mushrooms and ground meat. Season with salt, pepper, and garlic. Sauté for 5 minutes until the meat is starting to brown and the mixture is well combined.

3. Add can of tomato paste, stir to coat all ingredients. Add the contents of the canned tomatoes, fill empty can with water, pour into pan, making sure to get all of the excess tomatoes out.

4. Add dried herbs and reduce heat to low. Simmer on low for at least 30 minutes or up to 2 hours, adding water or chicken stock if the mixture gets too thick.

5. Taste before serving and adjust seasoning. Serve over cooked pasta. Top with parmesan cheese, red pepper flakes, and more dried herbs.

Source: Shauna Alvarez -America's Grow-a-Row



# RECIPE NOTES

**1. In the summer add fresh herbs to the sauce for the last 20 minutes. Add a large amount of your chosen herbs to taste, fresh herbs are not as strong as dried herbs. Basil, oregano, thyme and rosemary are all delicious!**

**2. Substitute 2 and 1/2 cups cooked lentils for the ground meat for a meat free version.**

**3. Freeze half of this sauce for a quick dinner on a busy night.**

**4. Serve over cooked spaghetti squash to include even more vegetables!**



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