

Lots o39 Veggies Sausage Spaghetti Sauce

Jacob · 30/09/2024



Prep Time

3 hrs 50 mins

Difficult

Medium

Servings

10

Description

This spaghetti sauce is full of vegetables Italian sausage ground beef and Italian herbs and the longer it cooks the better Its full of flavor and is great for lasagna

Ingredients

- - 1 pound sweet Italian sausage
- casings removed - 1 pound lean ground beef - ¼ cup olive oil - 1 large onion
- diced - 12 ounces sliced mushrooms - 2 carrots
- shredded - 1 green bell pepper
- diced - 1 red bell pepper
- diced - 1 zucchini
- quartered lengthwise
- then sliced - 1 (10 ounce) package frozen chopped spinach
- thawed and drained - 4 ounces fresh basil
- julienned - 4 cloves garlic
- crushed - 1 tablespoon chopped fresh thyme - 1 tablespoon fresh oregano - 1 tablespoon white sugar - salt and pepper to taste - 3 (28 ounce) cans peeled and diced tomatoes

Instructions

1. Cook sausage and ground beef in a medium skillet over medium heat until browned and crumbly
2. 7 to 10 minutes. Drain. Heat oil in a large stockpot or Dutch oven over medium heat. Add onion and cook until translucent
3. about 5 minutes. Stir in mushrooms
4. carrots
5. bell peppers
6. and zucchini; cook until just tender
7. 3 to 5 minutes. Add sausage and beef mixture to the pot
8. then stir in spinach
9. basil
10. garlic
11. thyme
12. oregano
13. sugar
14. salt
15. and pepper. Cook for 2 to 5 minutes
16. then pour in tomatoes and stir well. Reduce the heat
17. cover
18. and simmer
19. stirring occasionally
20. for 3 hours. Recipe Tips It's critical to use fresh basil
21. although you can use dried thyme and oregano if desired. Do not use any canned tomatoes that have corn syrup in them. If you're using home-canned tomatoes
22. you'll need 3 quarts. If you want a spicier sauce
23. add either crushed red pepper to taste or use hot Italian sausage.