

Meat Sauce



Ingredients

- 1 pound bulk Italian sausage (or one pound links, casings removed)
- 1 pound lean ground beef
- 3 tablespoons olive oil
- 1 large brown onion, chopped
- 4 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- 1 teaspoon dried thyme, crushed
- 2 teaspoons dried oregano, crushed
- 2 teaspoons Kosher salt
- ½ teaspoon black pepper
- 1 (28-ounce) can crushed tomatoes
- 1 (28-ounce) can petite diced tomatoes
- 1 cup water
- 2 tablespoons tomato paste

This makes three quarts

Steps

1. In a large pot, begin browning sausage and beef over high heat - taking care to break up the pieces so as not to have large chunks. When meat is cooked, remove liquid in pot (water/fat).
2. Add oil to the pot of cooked meat and continue cooking in high adding the onions and garlic. Stir while cooking on high for 5 minutes as you add in the crushed pepper, thyme, oregano, salt and black pepper. Now add both cans of tomatoes and water. Add tomato paste. Stir well. Bring sauce to a boil then lower heat to simmer. Put the lid on and continue cooking for 1 ½ - 2 hours, stirring every 15-20 minutes. Taste for seasoning before serving over pasta. This make a lot of sauce. Serve some now and freeze the rest.

