

Eat Like An Athlete

Presented By Manitoba Beef Producers

Speedy Spaghetti Sauce

Ingridients

- 1 ½ cup (375 mL) diced vegetables (such as carrot, zucchini, celery, sweet peppers)
- 2 cups (500 mL) frozen Big Batch Beef
- 2 cans (19 oz/540 mL) Italian-style tomatoes
- 1 can (5-1/2 oz/156 mL) tomato paste

Directions

1. Pan-fry diced vegetables in saucepan in a splash of olive oil.
2. Stir in Big Batch Beef, tomatoes and tomato paste, breaking up tomatoes with back of spoon.
3. Big Batch Beef: Cook 4 lb (2 kg) Extra Lean Ground Beef in Dutch oven over medium-high heat for 10 minutes, breaking into small chunks with back of spoon, until browned. Drain and return to pot. Add 4 EACH onion and cloves of garlic, minced, simmer for 15 minutes until vegetables are softened. Spread in a single layer on several foil or parchment paper-lined baking trays; freeze until meat is firm, about 1 hour. Loosen into chunks, scoop meal-sized portions into freezer bags. Freeze for up to 3 months.

Super Simple Speedy Spaghetti Sauce: Stir in a scoop of frozen Big Batch Beef into your favourite prepared tomato sauce to fortify your pasta dish with beef's iron and zinc! Just heat and serve over your favourite steamy pasta.



[Recipe Courtesy of Canada Beef](#)

Prep: 5 mins Cook: 15 mins Yields: 6 Servings

Nutrition Facts

Calories 201; Sodium 582 mg; Protein 17 g; Cholesterol 36 mg; Total Fat 5 g; Saturated Fat 2g Trans Fat 0.2 g; Total Carbohydrates 23 g; Dietary Fiber 5 g



If You Can't Play Like An Athlete You Can Still Eat Like One!

