

PASTA MEAT SAUCE

2 pounds ground beef or combination of ground turkey
1 pound Italian sausage
3 tablespoons olive oil
2 medium onions, diced
6 cloves garlic, minced
2 teaspoons dried Italian seasoning
3 tablespoons tomato paste (if not using jar sauce)
Two 28-ounce cans crushed tomatoes OR
One 40-ounce jar good store-bought marinara sauce (I like Victoria brand)
Salt
Basil – 12+ leaves

In a large pot over medium-high heat, brown the ground beef and sausage until totally browned and moisture has evaporated. The meat will hear like its sizzling. Add the onions and garlic to the meat and cook until softened. Add the dried Italian seasoning and a few pinches of salt. If using can tomatoes, not store bought jar, add 3 tablespoons of tomato paste. Cook the paste for 3-4 minutes.

Add the crushed tomatoes, or marinara sauce. Bring it to a boil, turn it down and place the lid on the pot and allow to simmer for 30 minutes -1 hour, stirring occasionally. Add water if it needs more liquid, you can add as much as you need if it evaporates too much.

After an hour, and before serving add he sliced basil. Stir to combine, and then put the lid back on and allow it to simmer for another 10 minutes or so.

Serve with your cooked pasta and top with parmesan cheese.