Marie Saba
from my kitchen to yours

Easy Meat Sauce

Serves 4

Ingredients:

- 1 lb. (454 g) grass-fed ground beef (93% lean)
- 2 links (90g) Italian sausage, casing removed
- 1/2 large carrot, finely grated
- 1 jar (32 oz., 946 ml) Rao's marinara sauce
- Pinch of dried oregano
- Pinch of dried parsley
- Salt and pepper, to taste

For serving: spaghetti noodles or zucchini noodles, grated Parmesan cheese

Instructions:

1. Heat a medium Dutch oven over medium-high heat. Add beef and sausage (removed from casings) and cook, breaking up meat into small pieces with a wooden spoon, until brown, about 6 minutes.

2. Reduce heat to medium-low. Add grated carrot, marinara sauce, oregano, and parsley. Stir to combine. Add 1/2 teaspoon salt and a few grinds of freshly ground black pepper; stir to combine. Simmer over medium-low heat for 15-20 minutes, or until warmed through. Taste and adjust salt and pepper if needed.

3. Serve with spaghetti or zucchini noodles and top with grated Parmesan cheese.

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