



Monteleone Jr. High

Recipe Cards

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Meat Sauce

Food Category: Main dish recipes

Recipe Category:

Entree

Serving Size: 2/3 Cup

Recipe Source: ST TAMMANY RECIPES

23 Servings

Description	Amounts, Measures
Beef Ground FZ	4 Pound
Pepper/Onion Blend	10 Ounce
Celery	3 cups
Tomatoes Crushed CN	4 Large CANS
Pepper Ground Black	1 3/4 tsp
Salt, Iodized, Table,	1 1/3 tsp
Parsley Flakes	2-3 Tbsp
Oregano Ground	2-3 tsp
Basil	3-4 tsp
Garlic Granulated	2-3 tsp

Cooking Instructions

Cooking Time:Hours: 1hr

1. Brown Ground Beef. (NO WATER); Break meat up as it is cooking into small pieces.
2. Drain off excess grease from meat
3. Add Chopped Seasoning, and stir thru meat
5. Let simmer 5 minutes with lid off.
6. Add crushed Tomatoes - - MIX WELL
7. Add Remaining Seasonings
8. Let simmer 1 hour (minimum) with lid on.

Serve over pasta

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.