

Summer Garden Spaghetti Sauce

Makes 20 Servings



Photo By:
Cathy Mazanec

Ingredients

Meat

- 1 lb 90% lean ground bison (or 96% lean ground beef)*
- 1 (20.8 oz) package 100% ground turkey breast
- 1 Tbsp extra virgin olive oil
- ½ tsp Lawry's® Seasoned Salt

Vegetables

- 1 medium red bell pepper (choose organic, if possible) - diced
- 1 medium yellow bell pepper (choose organic, if possible) - diced
- 1 large Vidalia onion - diced
- 1 (8 oz) carton sliced fresh mushrooms (any variety)
- 4 cups fresh broccoli florets (from about 4 large broccoli crowns) – finely chopped
- 2 cloves garlic – minced
- 1 (15 oz) can fire roasted diced tomatoes - drained (or 4 – 5 fresh tomatoes grilled or raw - diced)
- 1 Tbsp extra virgin olive oil
- ½ tsp Lawry's® Seasoned Salt

Liquids

- 4 jars Bertoli® Pasta Sauce (not the cheese sauce)
- ½ cup red wine (optional) – (Cabernet, Pinot Noir, Zinfandel or Merlot)

Herbs

- 1 tsp dried or 2 tsp fresh basil
- ½ tsp oregano or 1 tsp fresh oregano
- ½ tsp dried Italian Seasoning herbs (optional)
- 4 bay leaves
- ½ tsp black pepper
- 1 ½ tsp sugar

Directions

1. Chop peppers and onions with an Alligator® chopper and finely chop broccoli florets with a mini-chopper (or use a sharp knife).
2. In a large stock pot, brown turkey breast and bison in 1 Tbsp olive oil with ½ tsp Lawry's® Seasoning Salt. Remove meat from pot and set aside.
3. In the same pot, sauté all the vegetables except for the tomatoes in 1 Tbsp olive oil plus ½ tsp Lawry's® Seasoning Salt.
4. When onions are clear and vegetables are tender, add the tomatoes and bring to a low boil to remove moisture (about 4 minutes).
5. Add the Bertoli® pasta sauce, red wine, herbs and sugar. Bring to a boil then reduce to a simmer. Simmer on Low heat for 45 minutes.

This recipe makes enough sauce for three to four dinners for a family of four. Enjoy the sauce the first night. Refrigerate the remainder overnight (the flavor improves overnight) then divide it into two or three equal portions and freeze for later. Thaw sauce as needed for a quick dinner.

Nutrition Information per Serving (about 1 cup, not including pasta noodles): Calories: 195, Protein: 16 gm, Carbs: 19 gm, Fiber: 3 gm, Total Fat: 5.5 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Cholesterol: 29 mg, Sodium: 678 mg.

Cook's Note #1: If you chop the broccoli really finely, it disappears. This is a great way to sneak good nutrition into your family meals. ☺ Don't tell them!!!

I have taste tested this recipe with every generation. It is a hit with everyone! Moms of my children's "picky eater" friends have called to ask for me for this recipe.

Cook's Note #2: To lower the sodium in this recipe, use fresh tomatoes instead of canned and use Lawry's® Reduced Sodium (or delete the Lawry's completely).

Serving Suggestion:

Serve on whole wheat or quinoa noodles with a side salad and a small bowl of fresh blueberries.

***A Note About Bison:** My family has grown to prefer Bison over Beef. Carolina Bison is a ranch in Asheville, NC. They raise free-range, pasture-raised, natural grass-fed bison without the use of antibiotics, hormones or stimulants. The herd is highly respected and humanely treated by the ranchers. Carolina Bison participates in Animal Welfare Approved harvesting. You can buy Carolina Bison at Harris Teeter for \$6.99 per pound. Check them out at <http://carolinabison.com>.