



SUNDAY SAUCE - Makes 7 Servings - For all Key Diets

Sunday is the day to prepare something hearty for the week ahead. Head to the butcher shop and look for fresh meat on sale. For this recipe, I headed to Whole Foods which had lean ground beef (10% fat) and their lean homemade mild italian sausage links on sale. Last time I made this, boneless English short ribs were on sale. Use any kind of meat you like. I like to make a base of meat, herbs, onions and garlic and let the ingredients in my fridge dictate the flavor. I often double the recipe and only use half the meat for Sunday dinner and save the remainder for the week creating different styles of sauce. Enjoy this easy low-carb homestyle comfort food this fall and winter. Nutritional breakdown per serving: Protein 35 gm, Fat 20 gm, Net Carbs 9 gm, Fiber 10 gm.



Ingredients:

- * 1 pounds lean ground beef, 10% fat or less
- * 1 lb. of sausage links (I used Whole Foods Mild Italian which are very lean) - remove casing
- * 1/2 cup red wine (optional)
- * 1 cup chopped onions and 3-4 minced garlic cloves
- * Fresh or dried herbs of your choice (I used 1/4 cup fresh oregano, basil, rosemary and thyme from my garden)
- * 2 cups sliced mushrooms, 1 cup sliced sweet red peppers, and a few fresh green beans (or any other vegetables in your fridge)
- * Two 28 oz cans diced tomatoes (I like a lot of sauce!)
- * Fresh grated or shaved parmesan cheese to taste, about 6 T.
- * Fresh ready-to-eat spinach for the base, about 6 cups



Instructions:

1. In a large skillet pan, cook the beef, sausage and wine until meat is cooked thoroughly. Transfer to a bowl. In the same pan, add olive oil and onions, sauté for 3 minutes, add garlic and fresh herbs, sauté for another 2 minutes. Add the mushrooms and peppers and cook for about 5 minutes. Add the meat back to the pan, mix together. Pour in the two cans of diced tomatoes. Let simmer for about 15-20 minutes.
2. Cook the fresh green beans in a steamer for 3 minutes or microwave for 2 minutes, al dente.
3. On a serving platter, layer a base of fresh spinach, about 3 cups. Spoon the meat sauce over the spinach and top with green beans and fresh parmesan cheese.



Note: I doubled the meat part of the recipe (no sauce) and for lunch the next day, I added one cup of the meat, fresh spinach and one whole tomato and simmered in a pan for about 5 minutes. Topped with parmesan cheese, it was delicious. Another night I will add a can of green chilies and some salsa to the meat and make a delicious taco-style dinner over salad.