

PREPARATION: 30 MINUTES

COOKING: 2-4 HOURS

SERVINGS: 10

COMFORTING SPAGHETTI SAUCE



Nutrient Analysis

PER SERVING: 1/10 of recipe

RENAL EXCHANGE: 2 Meat + 2 Vegetable + 2 Fat

Calories	274Kcal	Sodium	156mg
Protein	19g	Potassium	514mg
Total Carbohydrate	8g	Phosphorus	211mg
Fiber	2g	Calcium	9mg
Sugars	3g	Iron	3mg
Fat	17g	Magnesium	38mg
Saturated	4g	Vitamin C	51mg
Cholesterol	48mg		

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

COMFORTING SPAGHETTI SAUCE

INGREDIENTS

½ cup extra virgin olive oil

5 cloves garlic, peeled and chopped

3 slices pancetta, cut into thin, short strips

1 teaspoon crushed dried chillies

2 cups red pepper, seeded and finely chopped

½ cup green pepper, seeded and finely chopped

½ cup zucchini, chopped

2½ cups frozen Italian style vegetables

1½ lb lean ground beef

1 cup red wine

1 cup water

1 tablespoon dried basil

1 bay leaf

5 tablespoons no salt tomato paste

½ cup parmesan cheese, grated

¼ cup chopped fresh basil

¼ cup chopped fresh parsley



PREPARATION

- 1** In a large heavy bottom pot, heat oil over medium heat. Add garlic, pancetta and chillies and cook for 3 minutes to release their flavors into the oil and to slightly brown the pancetta.
- 2** Prepare the peppers and zucchini (you may want to use a food processor fitted with the blade attachment) and measure the frozen vegetables.
- 3** Raise temperature to medium high and add all vegetables to the oil. Cook 5 minutes.
- 4** Add the meat and cook another 10 minutes.
- 5** Add the wine and cook 2 minutes. Then add water, basil, bay leaf and tomato paste. Stir until all is well combined. At this point the sauce may be put into a slow cooker and left to simmer on low for 4 hours. If you use the stove top, simply reduce to lowest heat, cover with a well fitting lid and let simmer for about 1½ hours, stirring occasionally.
- 6** Before serving, add the parmesan cheese, the freshly chopped basil and parsley to brighten the flavor. Serve with cooked pasta of your choice.

SUGGESTION

- ✓ *Freeze pasta sauce in portions after step 5.*

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