



COMFORTING SPAGHETTI SAUCE

INGREDIENTS

- 1/2 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*
- 1/2 cup green pepper, seeded and finely chopped*
- 1/2 cup zucchini, chopped*
- 2 1/2 cups frozen Italian style vegetables*
- 1 1/2 lb lean ground beef*
- 1 cup red wine*
- 1 cup water*
- 1 tablespoon dried basil*
- 1 bay leaf*
- 5 tablespoons no salt tomato paste*
- 1/2 cup parmesan cheese, grated*
- 1/4 cup chopped fresh basil*
- 1/4 cup chopped fresh parsley*

PREPARATION: 20 MINUTES

COOKING: 2 TO 4 HOURS

10 SERVINGS

Nutrient Analysis

PER SERVING
(3/4 cup)

Renal exchange:
2 Protein + 2 Vegetable

Calories	327Kcal
Protein	17g
Carbohydrates	8g
Fibre	2g
Total Fat	23g
Saturated Fat	6g
Cholesterol	50mg
Sodium	188mg
Potassium	533mg
Phosphorus	190mg

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 flavours 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 1 1/2 hours, stirring occasionally.

- 6** Before serving, add the parmesan cheese, the freshly chopped basil and parsley to brighten the flavour.

Serve with cooked pasta of your choice.

SUGGESTION

Freeze pasta sauce in portions after step 5