

MIKE'S MAGNIFICENT SPAGHETTI SAUCE

Featuring our **That's A Spore** seasoning

4 servings | Total Time: 60 minutes

RECIPE

- 2 lbs ground beef
- (4) 15oz cans of garlic and herb-flavored tomato sauce
- 1 medium white onion (finely chopped)
- 5 cloves of garlic (minced)
- 1 large or 2 small carrots (grated)
- 2 tsp of oregano
- 2 tsp of basil
- 2 Tbsp of Mushroom Street Farms **That's Asporé** Italian Seasoning
- 2 tsp of salt (to taste)
- 2 tsp of garlic powder
- 2 tsp of onion powder
- 1 tsp of black pepper
- 1 tsp of red chili flakes (according to your preference)
- 4 Tbsp of parsley (1 Tbsp per can)
- 4 Tbsp of sugar (according to your preference)
- *Optional* 1/2 lb of Mushroom Street Farms King Blue Oyster Mushrooms (diced)

PREPARATION

STEP 1

In a large pot or dutch oven, heat some olive oil over medium heat. Add the ground beef and cook until browned, breaking it up into small pieces with a wooden spoon

STEP 2

Add the chopped onions and minced garlic to the pot. Sauté until the onion becomes translucent and the garlic is fragrant

STEP 3

Add the grated carrot and continue to cook for a few minutes until it softens slightly. Add optional mushrooms and sauté until tender

STEP 4

Pour in the canned tomato sauce and stir well to combine with the meat and vegetables

STEP 5

Add the oregano, basil, italian seasoning, salt, garlic powder, onion powder, black pepper, red chili flakes, and parsley. Stir everything together (you can let it simmer for up to 1-2 hours for even richer flavors)

PREPARATION CONTINUED

STEP 6

Bring the sauce to a simmer over low heat. Cover the pot and let it simmer for at least 30 minutes to allow the flavors to meld together, you can simmer for up to 1-2 hours for even richer flavors.

STEP 7

After the sauce has simmered, taste and adjust the seasoning according to your preference. If you prefer a sweeter sauce, you can add sugar

STEP 8

Serve the spaghetti sauce over cooked spaghetti or your preferred paste. You can also add cooked meatballs or sautéed vegetables to the sauce if desired.

NUTRITION FACTS

PER SERVING, BASED ON 1/2 CUP

CALORIES	Approximately 120-150
TOTAL FAT	8g
SATURATED FAT	3g
TRANS FAT	0g
CHOLESTEROL	30mg
SODIUM	1000mg
TOTAL CARBOHYDRATES	10g
DIETARY FIBER	3g
SUGARS	6g
PROTEIN	12g