

David's Spaghetti Sauce

1 medium onion finely diced
1/4 cup finely chopped cilantro
2 Tbsps diced garlic
1/2 cup sliced mushrooms (or small can)
3 Tbsps olive oil
1 can fire roasted tomatoes
1 16 oz. can tomato sauce
1 8 oz. can tomato sauce
1 bottle roasted red peppers
1/2 pound ground beef
1/2 pound sweet Italian sausage

In the olive oil sauté the onion. After several minutes add and brown the garlic and then add the cilantro (You can hold off on the cilantro until seasoning are added if you prefer). If fresh mushrooms are being used add them and sauté briefly.

Push the sautéed vegetables to the side or use another skillet to fry one-half pound of sweet Italian sausage and one-half pound of lean ground beef together in some olive oil. Add a little salt and pepper to the meat as it cooks. When the meat is cooked mix with the sautéed ingredients.

In a deep skillet (large pot or crock pot) add cooked ingredients to one large and one small can of tomato sauce and one can of fire roasted diced tomatoes. I drain the tomatoes before adding them. Whether you drain the tomatoes and how much you drain them depends on the consistency you want in the sauce. Next, add one bottle of roasted red peppers that have been drained and cut into strips. Stir the meat, sauté and sauce together and then add seasonings:

2Tbsps of Oregano (rounded or heaping)
1Tbsp of Basil (rounded or heaping)
1Tsp of crushed Rosemary (rounded or heaping)
1.5 Tsp of salt (or to taste)
1/4 Tsp of black pepper (or to taste)
1/8 Tsp of red pepper (or to taste)
If you prefer, you can add the cilantro at this stage.

Let the sauce simmer for at least 15-20 minutes.

Serve with a box of Dream Field low carb spaghetti cooked in water with salt, one or two bay leaves and a shot of olive oil.

Mozzarella or other Italian cheese can be sprinkle over the spaghetti after it is served.