

Dave's Southwestern Style Meat Sauce

1 medium onion (chopped)
1 cup shredded carrots (or corn)
3 small cloves of garlic (1 tablespoon diced)
1 cup of tomato sauce
1 10 oz. can of Rotel diced tomatoes with green chilies (mild, regular or hot)
1 tablespoon of chili powder (or to taste)
1/2 teaspoon of ground cumin seed
3-4 tablespoons of butter or cooking oil
salt and pepper to taste

Heat oil in large skillet. Sauté onion, after onion is soft add the carrots and continue cooking. After a few more minutes clear a spot in the center of the pan and lightly brown the garlic. I usually add my salt and pepper at this stage but it can go in with the other spices. When the onion is cooked, add the tomato sauce, tomatoes, chili powder and cumin. Simmer until thickened.

This works well served over grilled pork chops but it could be used with other meats as well.

Another version is once the sauce has been prepared cooked cook your meat in the sauce. If the sauce is too thick add water, tomato juice or broth (vegetable or chicken) to thin it out.