

# Italian Meat Sauce



## Ingredients

- 2 lbs pasture-raised ground beef
- 1 yellow onion, diced
- 5 cloves of garlic, minced
- 1 - 28 ounce can crushed tomatoes
- 1 - 8 ounce can tomato paste (+ 4 cans of water)
- 4 Tbsp EVOO
- ½ tsp salt
- ¼ tsp pepper
- 1 ½ tsp basil (or 6 fresh basil leaves diced)
- 2 dashes oregano

Sauté EVOO, onions and garlic in a large skillet.

Add ground beef and break apart with a spoon as it cooks.

Add basil, salt, pepper and oregano.

Cook a few more minutes continuing to break apart meat into smaller pieces.

Add crushed tomatoes and tomato paste (+ 4 cans of water).

Cook sauce on medium for 15 minutes (simmering).

Serve over your favorite pasta and enjoy!