

# Spaghetti Sauce

## Ingredients:

- 3 cans organic diced tomatoes
- 1 small can organic tomato paste
- 1 jar prepared marinara sauce
- 1 diced onion
- 2 diced yellow peppers
- 1 diced hot pepper
- 3 cloves diced garlic
- 10 sliced mushroom
- 1 pound grass fed chopped meat
- 1 pasture raised egg
- breadcrumbs

## Instructions

1. sauté vegetables in avocado oil
2. make meatballs by combining chopped meat, egg, and bread crumbs
3. make the meat into small balls and sauté in oil
4. put vegetables and meat in pot and add other ingredients
5. simmer for an hour
6. use over vegetable pasta like chickpea or lentil

