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My Mom's Homemade Spaghetti and Meat Sauce



This easy meat sauce takes just a few minutes of prep and then a low simmer on the stove for a deep, meaty-flavored, classic spaghetti everyone will love.

Course Main Course
Cuisine Italian

Keyword spaghetti

Prep Time 25 minutes
Cook Time 3 hours
Total Time 3 hours 25 minutes

Servings 10 servings
Calories 365 kcal

Ingredients

- 1 pound 85% lean ground beef
- 1 yellow onion chopped
- 4 stalks celery chopped
- 4 garlic cloves minced or pressed
- 1 29- ounce can diced tomatoes
- 1 29- ounce can tomato sauce
- 1 6- ounce can tomato paste
- 2 7- ounce cans sliced mushrooms
- 1 cup red wine
- 1 15- ounce can beef broth
- 5-6 whole cloves
- 2 bay leaves
- 2 tablespoons sugar
- 1/4 cup chopped fresh parsley or 4 teaspoons dried
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 pound dried spaghetti noodles

- grated Parmesan cheese

Instructions

1. In a large heavy bottomed stock pot over medium high heat, cook the ground beef until browned, about 5-7 minutes, stirring occasionally. Drain the rendered fat and add the meat back to the pot.
2. Add the chopped onion, celery and garlic and cook until the vegetables soften, about 5-7 more minutes.
3. Add the rest of the ingredients (except the spaghetti noodles and Parmesan), stir, and bring to a boil. Reduce the heat to simmer, stir and cover with a lid, and cook for at least three hours on medium low heat, stirring occasionally.
4. Cook the spaghetti according to the package directions in generously salted water. Drain and mix into the spaghetti sauce.
5. Serve with grated or ground Parmesan cheese and chopped fresh parsley if desired.

Recipe Notes

The meat sauce can be refrigerated for up to 1 week or saved in a gallon ziplock bag and frozen for up to 3 months.

Nutrition Facts	
My Mom's Homemade Spaghetti and Meat Sauce	
Amount Per Serving	
Calories 365	Calories from Fat 72
% Daily Value*	
Fat 8g	12%
Saturated Fat 3g	19%
Cholesterol 31mg	10%
Sodium 1271mg	55%
Potassium 999mg	29%
Carbohydrates 52g	17%
Fiber 5g	21%
Sugar 13g	14%
Protein 18g	36%
Vitamin A 904IU	18%
Vitamin C 21mg	25%
Calcium 78mg	8%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

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