

# SPAGHETTI SAUCE

Number of portions: 12

Portion size:  $\frac{3}{4}$  cup



## INGREDIENTS

- 2 Tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, chopped finely
- 1 lb moose meat, ground
- 2 carrots, diced
- 1 celery stalk, diced
- 1 fresh pepper (green, red or orange), diced
- 2 cups fresh mushrooms, sliced /or 1 can sliced mushrooms, drained
- 1 tsp basil
- 1 tsp parsley
- 1 small can (158 ml) tomato paste
- 1 can (796 ml) diced tomatoes
- 1 can (540 ml) tomato juice
- Salt and pepper to taste

## METHOD

1. In a large cooking pot, heat the oil over medium heat. Brown the meat, onion and garlic.
2. Add the carrots, celery, green pepper, mushrooms, basil and parsley. Cook for about 5 minutes or until the vegetables are softer. Stir occasionally.
3. Add the tomatoes and tomato juice. Bring to boil. Reduce the heat and simmer uncovered for about 45 minutes. Add salt and pepper.
4. Add the tomato paste and simmer for 15 minutes.
5. Serve with pasta of your choice!

## TIPS

- Moose meat can be replaced by caribou, beef, or even legumes (such as lentils or red kidney beans).
- Other herbs or spices could be added or could replace the basil and parsley. Oregano, thyme or chili work well in a spaghetti sauce.
- Whole wheat pasta are a great source of fibers.