
Microwave Italian Meat Sauce

Christine Condora

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1 pound ground beef
1 egg
garlic salt
bread crumbs
1 medium onion, chopped
1 can (29 ounce) tomato puree'
8 ounces tomato sauce
6 ounces tomato paste
1/2 cup water
1 teaspoon sugar
1 teaspoon dried parsley
1 teaspoon salt
1 bay leaf
1/2 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves
1/4 teaspoon pepper

In a bowl, mix the beef with the egg. Sprinkle with the garlic salt. Add enough bread crumbs to absorb most of the egg (as if making meatballs).

In a three-quart casserole, mix the beef with the onion. Microwave on HIGH until the beef loses its pink color, 5 to 9 minutes, breaking up the pieces as needed. Drain, if necessary.

Stir in the remaining ingredients. Cover. Microwave on HIGH for 10 minutes. Stir. Reduce the power to medium-high (60 to 70%).

Microwave, uncovered, until the sauce thickens and the flavors are blended, approximately 15 to 20 minutes, stirring 2 to 3 times during cooking. Remove the bay leaf before serving.

Serve with pasta.

Condiments, Sauces

Per Serving (excluding unknown items): 1750 Calories; 127g Fat (64.7% calories from fat); 92g Protein; 64g Carbohydrate; 12g Dietary Fiber; 598mg Cholesterol; 5235mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Lean Meat; 11 Vegetable; 18 1/2 Fat; 1/2 Other Carbohydrates.