

Spaghetti Meat Sauce

Yield: About 10 servings

1 lb sweet Italian sausage
3/4 lb lean ground beef
1/2 cup minced onion
2 cloves garlic, crushed
1 (28 ounce) can crushed tomatoes
2 (6 ounce) cans tomato paste
1 (15 ounce) can tomato sauce
1/2 cup water
2 tablespoons brown sugar
1/2 cup fresh basil leaves, chopped
1/2 teaspoon fennel seeds, crushed
1 teaspoon Italian seasoning
1/4 teaspoon ground black pepper
4 tablespoons chopped fresh parsley
dash of nutmeg

In a Dutch oven, heat the sausage, ground beef, onion and garlic over medium heat until the meat is cooked through. Drain any excess grease, if necessary. Add the crushed tomatoes, tomato paste, tomato sauce and water and cook for 1-2 minutes. Stir in the rest of the ingredients. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Source: [AllRecipes](#)