

Shopping List

Produce

White mushrooms (about 6)

Onion

Garlic (large bulb)

Fresh oregano (or you can use dried)

Bulk

Sea salt

Black pepper

Red (chili) pepper flakes

Dried oregano (if not using fresh)

Extra virgin olive oil

Grocery

Sandwich bread (GF or wheat)

Tomato paste

(14.5 oz) Can of diced tomatoes

(28 oz) Can of crushed tomatoes

Dairy/Meat

Whole milk



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Simple Italian-style Meat Sauce



Simple Italian-style Meat Sauce

INGREDIENTS

4 oz white mushrooms, cleaned, stems trimmed and broken into rough pieces (about 6 mushrooms)

1 large slice of sandwich bread, torn into quarters

2 T whole milk

Sea salt and ground black pepper

1 # lean ground beef

1 T extra virgin olive oil

1 onion, chopped fine (about 1 1/2 c)

4-6 garlic cloves, minced or pressed through a garlic press (about 2 T)

1/4 t red pepper flakes

1 T tomato paste

1 (14.5 oz) can diced tomatoes, drained, 1/4 c liquid reserved

1 T minced fresh oregano leaves or 1 t dried oregano

1 (28 oz) can crushed tomatoes

1/2 oz grated Parmesan cheese (about 1/4 c)

INSTRUCTIONS

1. Process mushrooms in food processor until finely chopped, about eight 1-second pulses, scraping down the side of the bowl as needed; transfer to a medium bowl.
2. Add bread, milk, 1/2 t sea salt, and 1/2 t pepper to empty food processor and process until a paste forms, about eight 1-second pulses.
3. Add beef and pulse until the mixture is well combined, about six 1-second pulses.
4. Heat oil in a large saucepan* over medium-high heat until just smoking. Add onion and mushrooms; cook, stirring frequently, until vegetables are browned and dark bits form on the pan bottom, 6-12 minutes.
5. Stir in the garlic, pepper flakes, and tomato paste; cook until fragrant and tomato paste starts to brown, about 1 minute.
6. Add the 1/4 c reserved tomato liquid and 2 t fresh oregano (use the whole 1 t if using dried), scraping the bottom of the pan with a wooden spoon to loosen the browned bits.
7. Add meat mixture and cook, breaking meat into small pieces with your wooden spoon, until beef loses its raw color, 2-4 minutes, making sure that meat does not brown.
8. Stir in crushed and drained diced tomatoes and bring to a simmer. Reduce heat to low and gently simmer until sauce has thickened and flavors have blended, about 30 minutes.

9. Stir in cheese and remaining teaspoon of fresh oregano (if using); season with salt and pepper to taste.

Leftover sauce can be refrigerated in an airtight container for 3 days or frozen for 1 month.

* non-stick cookware won't work as well for this recipe, as you won't get the delicious browned bits on the bottom of the pan.



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Enough for about 2 pounds of pasta