



Espanola Meat Sauce

Ingredients

660	g	Medium ground beef	1.5	lb
750	ml	Tomato sauce	3	cups
750	ml	Diced tomatoes	3	cups
125	ml	Water	1/2	cup
125	ml	Ketchup	1/2	cup
125	ml	Chopped onion	1/2	cup
1		Bay leaf	1	
2.5	ml	Ground thyme	1/2	tsp
2.5	ml	Garlic powder	1/2	tsp
7.5	ml	Worcestershire sauce	1 1/2	tsp
	dash	Cayenne pepper		dash
2.5	ml	Ground oregano	1/2	tsp
2.5	ml	Celery salt	1/2	tsp
60	ml	Golden flax flour	4	Tbsp

1. In a large pot, brown the ground beef. Drain off excess fat.
2. Add all ingredients and simmer, stirring frequently, uncovered, until thickened, approximately 2 hours.

Heat to 165°F

Hold at 140°F

Yield: 12 portions

This recipe, **Espanola Meat Sauce**, developed at Espanola Nursing Home in ON, is one of the many recipes used by dietary staff to provide residents with flax flour throughout the day.

Contributed by Jody Pilon, Nutrition and Foodservice Manager

Nutrient Information Per ½ cup

Energy	191 kcal
Protein	13 g
Fat Total	10.2 g
Saturated	3.9 g
Monounsaturated	4.2 g
Polyunsaturated	0.9 g
Carbohydrate	13.5 g
Dietary Fibre	3 g
Sodium	662 mg

