

Red Wine Meat Sauce

Ingredients

2 lbs ground pork OR 100% grass fed beef
2 cups mushrooms (sliced thin, optional)
2 cups onion (small dice)
2 tablespoons fresh garlic (minced)
1 cup local red wine or 1/2 cup Port (I use port)
1- 740m Marinara sauce
2 tablespoons fennel seeds
4 tablespoons tomato paste
¼ cup organic, extra virgin olive oil
2 teaspoons chili flakes
1 tablespoon Montreal steak spice
1 teaspoon cinnamon
Sea salt and freshly ground black pepper

Method

In a large sauce pot, heat your olive oil on medium/low heat, add the onions, season with salt and pepper and cook until translucent.

Add the garlic and mushrooms (if you are using them) and turn the heat up to medium, cook the mushrooms until their liquid has evaporated.

Add the ground meat, chili flakes, cinnamon, steak spice and fennel seeds.

Cook for about 5- 10 minutes. Add the Port or red wine and tomato paste and allow it to reduce for about 5 minutes.

Add the marinara sauce, and simmer (no lid) for a good hour or more on low heat.

Take it off the heat after it has reduced and turned into a beautiful thick and rich colour. I like to add 2 tablespoons of organic virgin olive oil at the end and season with sea salt and pepper.

For a low carb version, serve this deliciousness over zucchini noodles!