

Authentic Italian Sunday Gravy (Nanas Meat Sauce)

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Servings: 8

*2 tablespoons olive oil
1 pound pork spareribs
1 pound beef stew meat
1 pound Italian sausage
6 cloves garlic, peeled and left whole
1/4 cup tomato paste
3 cans (28 ounce ea) crushed tomatoes
1 cup water
8 leaves fresh basil, torn into small pieces
salt (to taste)
pepper (to taste)
1 tablespoon sugar
shaved Parmesan cheese (for topping)
pasta*

Preparation Time: 10 minutes

Cook Time: 2 hours

Heat the oil in a large heavy pot over medium heat. Pat the pork dry and place the pieces in the pot. Cook, turning occasionally, for about 15 minutes or until nicely browned on all sides. Transfer the pork to a plate.

Brown the beef in the same way and add it to the plate.

Place the sausages in the pot and brown on all sides. Set the sausages aside with the pork and beef.

Drain off most of the fat from the pot. Add the garlic. Cook for about 2 minutes or until golden. Remove and discard the garlic. Stir in the tomato paste and cook for 1 minute. Add the tomatoes to the pot.

Add the water. Season with a pinch of salt and pepper. Return the pork, beef and sausages to the pot. Bring the sauce to a simmer.

Partially cover the pot and cook over low heat, stirring occasionally, for at least two hours. If the sauce becomes too thick, add a little more water.

At the end, add sugar, to taste, and adjust your seasonings one more time with salt and pepper. Add basil leaves and serve over your favorite pasta, topped with shaved Parmesan.

Per Serving (excluding unknown items): 448 Calories; 34g Fat (70.1% calories from fat); 27g Protein; 6g Carbohydrate; 1g Dietary Fiber; 102mg Cholesterol; 571mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.