

## Grandma's Meat Sauce

350 ml Crushed Tomatoes  
1 can Diced or whole tomatoes  
15ml sugar  
25ml basil  
15ml oregano  
15ml rosemary  
15ml thyme  
15ml sage  
5ml cinnamon  
15ml parsley  
1 bay leaf  
3 cloves garlic, finely diced  
½ onion, finely diced  
30ml olive oil  
15ml chicken base (powder)  
250ml red wine or chicken stock (plus extra if needed)  
½ lb ground beef  
¼ lb ground pork

1. In a sauce pan, sauté olive oil, onion, garlic and herbs until onions are soft and caramelized
2. Add the ground meat and brown – strain off any excess fat.
3. Add the tomatoes sugar, spices, chicken base, red wine or chicken stock. SIMMER for as long as possible (3-4 hours)
4. Remove from heat and add parmesan cheese.