



## CNP Meat Sauce

Makes 4 cups | 4 servings | Protein | Vegetables

### Ingredients

- 1 pound lean ground meat (beef turkey, game)
- ¼ cup onion, chopped
- 1-2 garlic cloves, chopped (½ teaspoon garlic powder)
- 2 ounces tomato paste plus 2 ounces of water, or ½ can of tomato soup
- 1 8 ounce can of tomato sauce
- ¼-½ teaspoon salt, to taste

### Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Brown meat in large skillet, saucepan or electric skillet on medium high heat. Drain fat if desired.
3. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
4. Place 1-cup portions in freezer-quality, resealable plastic bags. Label and freeze.

### Variations

**Add Vegetables-** Shred 3 medium carrots and add after meat is cooked.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/> 1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwyo.edu](mailto:cnp-info@uwyo.edu)