



Cheryl's SLOW COOKER Spaghetti Sauce

with Herbs



COOK TIME: 8 hours on LOW
or 4 hours on HIGH



A rich, hearty sauce that simmers low and slow for deep flavor with minimal effort.

HERBAL BENEFITS

Oregano, basil, rosemary, and thyme provide antioxidants and add rich flavor without extra sodium.

INGREDIENTS

- 1 lb ground beef
- 28 oz tomato sauce
- 28 oz diced tomatoes (do not drain)
- 6 oz tomato paste
- 2 Tbsp brown sugar
- ½ cup white onion, diced
- 2 garlic cloves, minced
- 1 tsp oregano
- 2 tsp dried basil
- 1 tsp garlic powder ~ 1 tsp onion powder
- 1 tsp salt ~ ¼ tsp pepper
- 1 pinch red pepper flakes



INSTRUCTIONS

1. Brown the ground beef and drain well. Add the beef to the slow cooker.

Add:

Crushed tomatoes ~ Diced tomatoes ~ Tomato paste
Brown sugar ~ Onion ~ Garlic
Oregano ~ Basil ~ Salt ~ Pepper
Red pepper flakes

2. Stir until combined. Cover and cook. Do not open the lid during the cooking time.
3. Serve over spaghetti, zucchini noodles, or use in lasagna, stuffed peppers, or homemade pizza.



OPTIONAL HERBAL BOOST

To give this sauce a more herbal flavor, you could add:



1 tsp dried rosemary



1 tsp dried thyme



1 Tbsp fresh parsley (added near the end)



1 bay leaf during cooking



(remove before serving)

Made with love in Cheryl's Kitchen

EVERYTHING HERBAL by Cheryl Jabz

everythingherbalbycheryljabz.com



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