

Spaghetti Bison Sauce-Kelly Recipe

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Home & Harvest, Recipes for Healthy Living

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Servings: 15

Yield: 15 cups

1 pound Bison, ground, sauteed well in olive oil

1 large onion, chopped & sauteed in olive oil

48 ounces Paul Newman's Pepper & Sausage Spaghetti Sauce, 2 24oz jars

1 teaspoon thyme

1/4 cup basil, freshly chopped

1 tablespoon capers

3 tablespoons olives, chopped

4 cloves garlic, chopped

2 tablespoons parmesan cheese

2 each bay leaves

1 teaspoon anise seed

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Preparation Time: 1 hour

Cook Time:

After sauteeing bison and onions mix them in large sautee pan. Pour in sauce and add all other ingredients.

Bring to a boil, stir and turn down to low heat, simmer for 15-20 minutes.

Turn off heat and let cool covered for 15 minutes for flavors to enhance. Better yet, let them enhance overnight before serving on spaghetti.

Day 1 rotation, modified

Per Serving (excluding unknown items): 113 Calories; 4g Fat (31.3% calories from fat); 10g Protein; 9g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 519mg Sodium; trace Total Sugars; trace Vitamin D; 57mg Calcium; 2mg Iron; 489mg Potassium; 75mg Phosphorus. Exchanges: .