

# Fire-Roasted Meat Sauce

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- 1 pound grass-fed ground beef
- 1 onion, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 1 can (28 ounces) diced fire-roasted tomatoes
- 1 can (5 ounces) tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon red-pepper flakes
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup red wine
- 1 tablespoon sugar

Heat large saucepan over medium- high heat. Add the ground beef and cook for 5 minutes, or until no longer pink breaking up the beef.

Add the onion, bell pepper, and garlic, and cook for 3 minutes or until the onions and peppers are slightly softened.

Add the tomatoes, tomato paste, oregano, basil, pepper flakes, salt, black pepper, red wine, and sugar. Stir to combine. Once the sauce is bubbling, reduce the heat to low and simmer uncovered, for 1 hour.