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Slow Cooked Meaty Pasta Sauce

- 1 Pound lean ground beef
- 1 Cup carrots, grated
- 1 Medium red bell pepper, diced
- 1 Onion, diced
- 2 Tbsp tomato paste
- 2 Tbsp dried italian herbs
- 1 Tbsp olive oil
- 2 Tsp kosher salt, divided
- 1 Tsp onion powder
- 1 Tsp garlic powder
- 1 Bay leaf

- 1) Heat 1 tablespoon of olive oil in a medium sauté pan and sauté onions for 4 minutes. Add the ground beef and 1 teaspoon of salt and sauté for 4 more minutes, breaking apart the meat as it cooks.
- 2) Add the sautéed meat and onions to the crock pot.
- 3) Whisk 2 tablespoons of tomato paste in 1 cup of water until the paste dissolves.
- 4) Add the tomato paste mixture to the pot along with the remaining ingredients and stir to combine.
- 5) Cook on Low for 6-8 hours.
- 6) Serve over pasta.

