

This recipe is a favorite in my family. It can be used as a pasta sauce or eaten by itself as a soup. It is chock full of veggies. Vegetarians can omit the meats and still have a nutritious and delightful sauce or soup.
Marie Rice
www.PartOfTheWhole.com

Veggie Spaghetti Sauce/Soup

Cooking Time - Approx 3.5 hours

- **2 lbs hot Italian sausage, casings removed
- **2 lbs ground chuck
- 2 large onions, diced
- 8 cups zucchini, quartered and sliced
- 10 carrots, shredded
- 2 1-oz bags fresh basil, sliced into thin ribbons (crossways)
- 3 (10 oz) packages frozen chopped spinach, thawed
- 2 Tbsp thyme
- 2 Tbsp oregano
- 4 Tbsp minced garlic
- 2 Tbsp white sugar
- 2 Tbsp black pepper
- 6 (28 oz) cans peeled and diced tomatoes

In a skillet over medium heat, cook sausage and ground beef together until brown. Drain and set aside. In a large stock pot (I use my 16-qt pot), cook onions until translucent. Stir in zucchini and carrots and cook until just tender. Stir in basil, spinach, thyme, oregano, garlic, sugar, and pepper. Cook 2 to 5 minutes. Pour in tomatoes, stir well. Add meats. Adjust seasoning as needed. Reduce heat, cover and simmer 3 hours, stirring occasionally. Makes approximately 12 quarts.

Freezes well.

Notes:

** When I omit the meats, I double the zucchini and carrots.

* Substitute or add in other vegetables if you desire - mushrooms, green bell pepper, red bell pepper, yellow bell pepper, yellow squash, etc.

* If you don't have a pot large enough for this size batch, just halve the recipe.