



20-Minute Pasta Meat Sauce

Serves 4

1 lb	ground meat (ground beef or turkey), cooked and drained
1 medium	onion, chopped
6 cloves	garlic, minced
1 tbsp	extra virgin olive oil
1/4 cup	fresh basil, chiffonade
1 (28oz) can	tomatoes, diced
1/2 cup	dry red wine
1/2 tsp	hot chili flakes
1 lb	pasta, cooked and drained.

1. In large skillet, on medium heat oil with onion for 3 minutes just to soften. Add garlic and cook for 1 minute.
2. Add tomatoes, wine, basil and chili flakes. Simmer until thickened, about 20 minutes. Add cooked meat.
3. Serve over pasta.