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The Works Wet Style

A delicious and hearty dish that is perfect for any meat lover. The Works Wet Style is a classic recipe that features a combination of meats and vegetables cooked in a rich and flavorful sauce. It is typically served over rice or pasta.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Beef
500 g	Italian Sausage
200 g	onion
200 g	Green Bell Pepper
4 cloves	garlic

2 c	tomato sauce
2 tbsp	tomato paste
1 c	beef broth
2 tbsp	worcestershire sauce
2 tbsp	dijon mustard
1 tbsp	brown sugar
1 tsp	salt
1 tsp	black pepper
1 tsp	paprika
0.5 tsp	cayenne pepper

Directions

Step 1

Stove

In a large skillet, brown the ground beef and Italian sausage over medium heat.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Stove

Add the onion, green bell pepper, and garlic to the skillet. Cook until the vegetables are softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Stir in the tomato sauce, tomato paste, beef broth, Worcestershire sauce, Dijon mustard, brown sugar, salt, black pepper, paprika, and cayenne pepper. Simmer for 30 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 30 mins

Step 4

Serve the Works Wet Style over rice or pasta.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	14 g	63.64%	82.35%
Fat	30 g	107.14%	120%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	3 mg	27.27%	37.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Brunch

Supper

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Salads

Soups

Sauces & Dressings

Cooking Method

Steaming

Difficulty Level

Medium

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