

SPAGHETTI MEAT SAUCE

Ingredients

1. 1 (96 oz.) can tomato sauce or Crushed Tomatoes
2. 2 (12 oz.) cans tomato paste
3. 32 oz. (1 quart) water
4. 5 lb. ground beef
5. 1 cup dried chopped onion or 4 medium fresh onions
6. 1/2 cup dried green pepper, chopped or 2 fresh green peppers (optional)
7. 1 tblsp. Minced garlic
8. 1/2 cup parsley flakes
9. 1 tbsp. basil
10. 1 tbsp. oregano
11. 1 tbsp. ground bay leaves
12. 2 tblsp. Sugar

Instructions

1. Fry ground beef, breaking into small pieces; and cook until tender.
2. Drain all fat and set aside.
3. Combine tomato sauce, tomato paste, onions and green pepper, water, spices and ground meat mixture in large saucepan.
4. Stir together to mix all ingredients.
5. Cook on low to medium heat for minimum of 1 hour up to 3 hours.
6. Serve over spaghetti, vermicelli or use to prepare lasagna.
7. Note: This makes a lot of sauce. I did not break this down because I feel that if you are making spaghetti from scratch it is not for 1 or 2 people; or you would have bought a can.