



sweet & spicy spaghetti (filipino style)

NIBBLEDISH CONTRIBUTOR

Ingredients

olive oil
1 large clove of garlic, minced
1 small white onion, chopped
1 celery stalk, chopped
1/2 C chopped carrots
1/2 red bell pepper, chopped
2 large roma tomatoes, diced
s&p to taste
1 T fish sauce
1 beef bouillon cube
1.5 lb minced beef
1 C H2O
1 T worcestershire sauce
1 small can of tomato sauce
1 small can of stewed tomatoes
1.5 C banana ketchup, more as desired
1 T brown sugar, more as desired
1/4 C grated sharp cheddar cheese, more as desired
1 large kielbasa sausage, sliced diagonally
1/2 C sliced mushrooms
1 bay leaf
1 T chopped parsley
1 t chopped basil
1 t chopped oregano

Instructions

Heat up a good amount of olive oil in a sauce pan and start sauteeing the garlic, onion,

carrots, celery, tomatoes and red bell pepper. Season with s&p. Cook until vegetables are soft. Add the ground meat and cook until brown. Pour in H2O, add bay leaf, beef bouillon cube, the herbs and fish sauce. Simmer on medium heat. Add tomato sauce, stewed tomatoes, ketchup and more H2O if necessary. Then add the brown sugar and grated cheese. Finally, throw in the kielbasa sausages and mushrooms. Give it a stir and slowly simmer for about 30 mins. Adjust the seasonings as necessary. I like my meat sauce a bit spicy, so I like to add a good amount of ground pepper.

Serve with your choice of pasta, but to stick with tradition, use classic spaghetti. I served mine with whole wheat spaghetti as a healthier choice. Top with more grated cheddar cheese.