



Fave spaghetti sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

1 lb. ground beef, 7% fat or less (can substitute ground turkey)
1 medium onion chopped
2 cloves garlic (or more if you like)
Olive oil
1 8 oz. can tomato sauce
1 6 oz. can tomato paste
1 c. water (I use the tom sauce can by filling it up)
1 tsp. salt
1 tsp. sugar
1 tsp. oregano
3/4 tsp. basil
1/2 tsp. marjoram
1/4 tsp. rosemary
1 bay leaf

Instructions

My favorite spaghetti sauce recipe that my Mom kept asking for. It's very simple, but please let it simmer for the recommended time or longer. This works great in a deep cast iron skillet or in a crock pot.

First, pour some olive oil into your skillet and add the onions and garlic. Saute these until they just begin to get translucent. Add the ground beef, browning it well. Drain any excess fat.

At this point if you plan on using a crock pot, transfer the meat and add in the rest of

ingredients.

Now add the remainder of the ingredients in the order given. Mix well and cover.

This sauce needs to simmer for at least an hour. however, that doesn't mean you can walk away from it (unless you used the crock pot). You will need to keep an eye on it and you may need to add water if the sauce becomes too thick for your liking.

I have made this recipe countless times and I get favorable feedback all the time. If you are feeling a bit adventurous, you might want to try it with Italian Sausage. I have been wanting to try it that way, but haven't quite done it yet. If you do, please let me know how it turns out.

Serve with your favorite type of pasta.