

# Homemade Spaghetti Sauce

## Ingredients

- **SAUCE**
- 2 Tbsp olive oil
- 1 white onion, diced into small pieces (pea sized)
- 6 cloves garlic, chopped to desired size
- 1 pound 20% fat ground hamburger (chicken or turkey if you prefer leaner)
- 3 (6 oz each) cans tomato paste
- 6 (8 oz each) cans tomato sauce
- 2 1/2 - 3 Tbsp italian seasoning (to your taste)
- Extra garlic powder (if you like it real garlicky, I sure do!)
- 1 tsp sugar (yes, to cut the acidity of the tomatoes)
- 2-3 bay leaves
- **NOODLES**
- 1 box spaghetti noodles (or fresh if you can find it)
- 1 tsp salt
- 1 tsp oil



## Variations/Hints

If you want, once the meat is cooked, throw it in a crock pot, continue with step 3, and cook on low about 8 hours, stirring once an hour if you are at home.

Try to find sauce and/or paste that already is seasoned for more pow.

## Instructions

### SAUCE

- Put the olive oil into a large skillet and turn to medium heat. When it is hot, add the chopped onions and chopped garlic. Sauté these for approximately 5 - 8 minutes, until the onion starts to look clear. You don't want to cook this too hot, because then the onions won't cook correctly. They need to 'sweat'.
- Add your ground meat, and continue cooking until the meat is cooked through (about 5 minutes). Drain the excess grease into an empty can to dispose. You **don't** want to pour this down the drain.
- Add the tomato sauce and tomato paste, 1 can of each at a time, stirring to completely break down the paste before you add any more. Add the other 3 cans of tomato sauce.
- Stir the italian seasoning, extra garlic powder, if desired, and the sugar.
- Place the bay leaves on top.
- Simmer for about 1 hour, stirring every 15 minutes.
- Remove the bay leaves (because you really don't want to eat these things)

### NOODLES

1. About 25 minutes before the sauce is ready, put a large pan of water on high.
2. Add salt and oil.
3. Bring the water to a rolling boil.
4. When boiling, put the pasta in and cook according to the directions.
5. When cooked, drain out the water and rinse **slightly** with hot water to prevent sticking.

Serve over hot pasta and spread grated parmesan cheese on top, toasted garlic bread, and a salad.