

SPAGHETTI SAUCE

Ingredients:

1 ½ tablespoon chopped fresh garlic

2 tablespoons olive oil

6 oz. can tomato paste

2 cans of 15 oz. tomato sauce

1 pinch Oregano

1 tea spoon salt

1 tea spoon pepper

6 oz. water

Sprig of fresh chopped parsley

Parmesan Cheese grated

For sweeter sauce add 2 table spoons sugar



Meat Sauce:

1 lb. ground beef

Brown, season and add to sauce

Directions:

- **Heat sauce pan and add olive oil.**
- **Add chopped garlic and heat to release oils. Do not burn**
- **Add tomato paste and tomato sauce with 6 oz. of water to sauce pan.**
- **Add oregano, salt and pepper to sauce**
- **Stir on high heat until sauce boils. Turn heat down to a very low simmer and cover. Simmer for 1 to 2 hours.**
- **Pour half of the sauce into the cooked pasta. Stir and cover.**
- **Use remaining sauce to put on top of each serving.**
- **Use other half to put on top of each serving of pasta.**
- **Serve with spaghetti or any kind of pasta.**
- **Sprinkle fresh chopped parsley on top with grated parmesan cheese**
- **Recipe for 1 to 1 ½ pounds pasta**