

RECIPE MEAT SAUCE FOR SPAGHETTI

SOURCE MOM

INGREDIENTS/INSTRUCTIONS

2 T olive or salad oil

1 lb ground chuck

1 medium onion (chopped)

1 garlic clove, minced

1 16 oz can tomatoes

1 12 oz can tomato paste

4 Tsp sugar

2 tsp oregano leaves

1 tsp salt

1/8 tsp cayenne pepper

1 bay leaf, crumbled.

In Dutch oven over medium heat, cook ground beef, onion and garlic until meat is well browned. Drain. Stir in tomatoes and all remaining ingredients. Simmer covered about 35 minutes or until thick. Stir often.

can do ahead

serve immediately