

# Family Recipes

## *Spaghetti Sauce*

- 2 pounds ground beef
- 1 clove of garlic
- 1 yellow onion
- 2 tbs oil

## *Kaily Hamman*

- 1 can diced tomatoes & green chiles
- 24oz can of Del Monte meat sauce
- 1 small can of tomato paste
- 1 - 15oz can of tomatoe sauce
- 1 - 14.5oz can of italian style tomatoes

## Seasonings

- |                           |                           |                       |
|---------------------------|---------------------------|-----------------------|
| • 3 tbs of chili powder   | • 1 tbs of garlic powder  | • 2 bay leaves        |
| • 2 tbs of paprika        | • 1 tbs red pepper flakes | • 1 tbs sugar         |
| • 1.5 tbs of basil        | • 1 tbs thyme             | • 1 tbs salt & pepper |
| • 1 tbs of cayenne pepper | • 1 tbs oregano           |                       |

We season liberally with a wide variety of spices

# Directions

*Cook: 3 hours - Serving: 8 people*

- **Chop the onion and garlic. Put in a large skillet with oil to sauté.**
- **Add the ground beef and cook until browned then add all seasonings, but sugar.**
- **Add the paste to the beef and cook for a few minutes.**
- **Pour in the jars of sauce and tomatoes. Allow to cook for several minutes until a low boil is reached.**
- **Put in bay leaves. Cover and turn down to a simmer.**
- **It's best if allowed to cook for several hours, or wait and eaten the following day**
- **Serve with your favorite noodles/spaghetti squash, a tossed salad and garlic bread. Enjoy!**