

## Spaghetti and Meat Sauce



### INGREDIENTS:

#### **Sauce:**

15 mL	oil
¼	small onion, diced
¼	pepper, green, diced
2	cloves garlic, minced
150g	lean ground beef
2 mL	salt and pepper
15 mL	tomato paste
125 mL	tomato sauce
125 mL	canned tomatoes and juice
80 mL	crushed tomatoes
80 mL	water
10 mL	sugar
15 mL	Parmesan cheese if desired
2 mL	each salt, pepper, oregano and basil
5 mL	parsley and Italiano seasoning
	seasoned salt, thyme, rosemary or hot spices (optional)
2 servings	spaghetti
4	slices French bread + 30 mL of margarine and ½ garlic clove

### METHOD:

1. Fill a large pot, 2/3 full of water, add 5 mL of salt, put on the lid and bring to a boil on high heat. When the water is boiling break the pasta in half and slowly add it to the water. Stir with a fork and cook for 8 mins till done with the lid off.
2. In a Teflon frying pan, heat up 15 mL of oil and saute the diced onion, green pepper and garlic. Then add the hamburger meat and salt and pepper and cook till hamburger is no longer pink.
3. Add all the sauce ingredients and spices and cook for 15 minutes or till some of the water has evaporated and the flavors have deepened. Taste test sauce. Add a bit of your parmesan if desired to the sauce and the rest on top once you serve it.
4. Drain the spaghetti noodles, plate them and ladle the sauce on top and add extra parmesan cheese if desired.
5. Set the oven to broil. Heat the margarine in the microwave for 10 secs or till semi soft. Add the pressed garlic and mix together. Add a pinch of parsley. Spread over the bread and place the bread on a round pizza pan. Place in the oven on the 2nd rack down from the top. Broil in the oven till golden, then flip over to lightly toast the other side. Serve with the spaghetti and sauce.