

Spaghetti and Meat Sauce



INGREDIENTS:

Sauce:

15 mL	oil
¼	small onion, diced
1/6	pepper, green, diced
2	mushrooms, diced
2 cloves	garlic, minced
150g	lean ground beef
1 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
1 mL	pepper
2 mL	each salt, oregano, basil, parsley and italiano
2 servings	spaghetti
2	slices French bread+15 mL of margarine+ pinch garlic powder+parsley

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, mushroom and peppers. Then add the garlic, 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 the sauce.
4. Drain the spaghetti noodles .Put in small bowl and mix in a bit of oil and stir with a fork to coat the spaghetti so they don't stick together.
5. Set the oven to broil. Mix together the margarine with a pinch of garlic powder and a pinch of parsley. Place all 4 slices of bread for your group on the pizza pan and toast them on one side. Remove, flip over, spread on the garlic butter and put back in the oven to broil. **KEEP A CLOSE EYE ON IT WHILE BROILING, DO NOT BURN.**
6. Mix together the sauce and spaghetti and serve or place the spaghetti down first and the sauce on top. Serve with the garlic bread and a side salad for a complete meal.