

Southern Spaghetti Sauce

Recipe type: Italian

Thick and meaty spaghetti sauce flavored with onions, green peppers, and a little sweetness.

Ingredients

- 1½ pounds lean ground beef
- 1 large onion, diced
- 1 green bell pepper, diced
- 1 clove garlic, minced
- 2 (6-ounce) cans tomato paste
- 1 (8-ounce) can tomato sauce
- 1 (14½ ounce) can stewed tomatoes
- 1 tablespoon Italian Seasoning
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon sugar (the original recipe calls for 2 tablespoons, but I just add one)
- 1 teaspoon salt
- 1 cup water

Instructions

1. Brown beef in a large heavy bottomed pot. Drain fat.
2. Add onion and green pepper and saute until onion is tender, about 5 minutes. Add garlic and saute 30 seconds.
3. Add tomato paste, tomato sauce, stewed tomatoes, seasonings, and water.
4. Simmer 30 minutes.

Notes

Note: If you're nervous about the amount of sugar, start with ½ tablespoon and add more if desired.