

J's Spaghetti Sauce

LARGE BATCH

2 lbs of very lean ground meat (i.e., 85 to 90% lean ground beef or ground chuck)
1 29oz can tomato sauce
1 6oz can of tomato paste
2 cups of water
1/4 cup sugar
2 Bay Leaves
1/3 cup of white onion (chopped fine)
1 Tsp Garlic Powder
1/2 Tsp Black Pepper
1/2 Tsp Salt
2 Tbsp Chili Powder (don't get the hot stuff just the regular)
1 Tbsp Vinegar

SMALL BATCH

1 lbs of very lean ground meat (i.e., 85 to 90% lean ground beef or ground chuck)
1 15oz can tomato sauce
3oz of tomato paste
1 cup of water
1 1/2 Tbsp sugar
1 Bay Leave
1/8 cup of white onion (chopped fine)
1/2 Tsp Garlic Powder
1/4 Tsp Black Pepper
1/4 Tsp Salt
1 Tbsp Chili Powder (don't get the hot stuff just the regular)
1.5 Tsp Vinegar

Put everything in a large cooking pot.

Set at medium high heat and stir making sure the meat is broken into fine pieces.

When it comes to a boil, reduce heat to medium low and let simmer for 1-2 hours or until thick. Stir often.