

J's Spaghetti Sauce

Servings: Depends

Prep Time: 5-10 minutes

Cook Time: 1-2 hours

Ingredients

LARGE BATCH – 12 servings

- 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 – 6 to 8 Servings

- 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

Instructions

- 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.

Serve over cooked spaghetti pasta