

Recipe 1.10

OneRoastChicken.com presents

# Spaghetti Sauce

# Recipe 1.10

## Spaghetti Sauce

### Ingredients



- 1 pound Italian sausage** (spicy is good, 454 g, about 4 fat sausage links)
- 1 pound ground beef** (454 g)
- ½ cup onion, chopped** (125 mL)
- 2 cloves garlic, minced** (about 2 tablespoons / 30 mL)
- 1-2 teaspoons salt** (5-10 mL)
- 1½ teaspoons basil leaves, dried** (7.5 mL)
- ½ teaspoon fennel seed** (2.5 mL)
- ¼ teaspoon pepper** (1.25 mL)
- 1 large can** (796 mL / 28 oz) + **1 small can** (540 mL / 14 oz) **whole tomatoes, undrained** (or you can use 1.5 large cans and freeze the leftovers)
- 2 small cans tomato paste** (156 mL / 6 oz)
- 1 tablespoon sugar** (optional; 15 mL)

### Time to make this recipe

**Preparation:** 16 mins.  
**Cooking time:** 90 mins.



Cost to prepare recipe*	
sausage.....	\$4.39
ground beef .....	3.29
onion/garlic.....	0.52
spices (approx.).....	0.20
tomatoes.....	1.19
tomato paste .....	1.18
<b>Total.....</b>	<b>\$10.77</b>
Recipe feeds 6	
<b>Each meal .....</b>	<b>\$1.79</b>

### Yield



This recipe makes 6 generous portions of sauce; leftovers freeze well

### Required supplies



large sauce pan to cook sauce  
knife, garlic press (optional)  
measuring spoons

# Background information

## Brands of tomatoes

For a recipe like this, you can easily use a cheaper store-brand of tomatoes. Always check the side of the can for the amount of sodium, though, which varies widely from brand to brand. If you're using a brand like the one on the right that has much less sodium, you may need to add more salt to the sauce. Adjust to your tastes.



## Whole tomatoes verses diced

I always buy whole tomatoes and then cut them up (or mash them with a wooden spoon) rather than purchasing diced or chopped tomatoes. I find they taste better when they start out whole, perhaps because they're fresher or less processed.

## Freezing tomatoes

Because it's often cheaper to buy two large cans rather than one large and one small, I always freeze the leftover half-can in a plastic container for next time. One thing to note about frozen tomatoes is that the sauce separates a bit in the freezer. Don't worry, it cooks up just fine.



## Leftovers / Freezing

This spaghetti sauce freezes beautifully for up to 6 months. Freeze in one or two cup servings (enough for 1 or 2 for dinner).



## Instructions

Slow cooked spaghetti sauce, yum. This version is better than your average recipe. A meaty, thick sauce, made with lean ground beef and spicy Italian sausage, onion, garlic, tomatoes, tomato paste and spices (1).

Slice open the sausages to remove the meat from the casings (2). Place meat in a large sauce pan. Add ground beef to the pan as well.

Prepare garlic (3); you can use a garlic press or cut it up into very small pieces. Add to the meat.

Cut up the onion in small pieces (4), and add to the sauce pan.



Now that the first ingredients are in the large sauce pan (sausage, ground beef, onion, garlic) (5), you can put the pot on the stove and turn the heat to medium.



Cook, stirring occasionally, until the ground beef is no longer pink and the sausage is cooked through (6). Break up the larger pieces of sausage with a wooden spoon while you're stirring.



Once the meat is well browned, measure your spices into a small dish (7), give them a little mix with your finger (8), and then sprinkle on top of the meat mixture in the sauce pan. Stir well so that the spices are integrated throughout.

Open the cans of tomatoes (1.5 large cans). I often use one big can plus a half-can which has been frozen (9) (see page 82 for explanation). Add to sauce.

Open the two cans of tomato paste (10), and add to sauce as well.



Once you add the tomatoes and the tomato paste, stir well, and break up the tomatoes with the wooden spoon (11).



Bring to a boil, reduce heat to a very low simmer (blub, blub), put a cover on your pot, and let the sauce simmer for 90 minutes (12).