

Hearty Spaghetti Sauce

Tracey Lee Grant - Dayton's Minneapolis

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

*1 1/2 pounds ground beef
1 pound Italian sausage
1/3 cup chopped onion
1 clove garlic (or one
teaspoon garlic salt)
2 tablespoons Italian
seasoning
1 can (6 ounce) tomato
paste
2 cans (15 ounce ea)
tomato sauce
2 cans (28 ounce ea) whole
peeled tomatoes, undrained
1/2 cup water
hot cooked spaghetti*

In a four-quart saucepan over medium heat,
brown ground beef and sausage. Drain.

Add the onion, garlic and Italian seasoning.
Simmer for 5 minutes.

Stir in the remaining ingredients, breaking up the
tomatoes. Heat to boiling. Reduce the heat and
simmer over low heat for one hour.

Serve over spaghetti.

Per Serving (excluding unknown items): 662 Calories; 54g Fat (73.6% calories from fat); 32g Protein; 12g Carbohydrate; 2g Dietary Fiber; 154mg Cholesterol; 1298mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; 1 Vegetable; 8 1/2 Fat.