

# Spaghetti Sauce II

*Elaine Navickas - Excelsior, MN*

*Treasure Classics - National LP Gas Association - 1985*

## **Servings: 6**

*2 pounds hamburger  
garlic on a stick  
1 cup celery, sliced  
2 onions, diced  
1 green pepper, diced  
1 can (16 ounce) tomatoes  
2 cans (6 ounce ea) tomato  
paste  
salt (to taste)  
pepper (to taste)  
1 teaspoon sugar  
1 teaspoon basil  
1 teaspoon oregano  
1 teaspoon cayenne pepper  
1 teaspoon thyme  
1 teaspoon marjoram  
1 teaspoon chili powder  
1 teaspoon paprika  
1 teaspoon rosemary  
1 teaspoon crushed red  
pepper  
1/4 cup Parmesan cheese  
sliced olives (optional)*

## **Preparation Time: 10 minutes**

## **Cook Time: 1 hour 10 minutes**

In a skillet, saute' the hamburger with the garlic.  
Drain and remove the garlic. Set aside.

Saute' the celery, onion and green pepper for  
about 5 minutes.

In a large pan, mix the hamburger, celery, onion  
and green pepper. Add the tomatoes, tomato  
paste and the balance of the spices.

Simmer for one hour. Taste and adjust the  
seasoning.

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Per Serving (excluding unknown  
items): 548 Calories; 22g Fat  
(34.3% calories from fat); 25g  
Protein; 68g Carbohydrate; 4g  
Dietary Fiber; 62mg Cholesterol;  
1083mg Sodium. Exchanges: 3 1/2  
Grain(Starch); 1 1/2 Lean Meat; 2  
1/2 Vegetable; 3 Fat; 0 Other  
Carbohydrates.