

Spaghetti Sauce

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 pound ground beef
1/2 cup chopped onion
1 can (2-1/2 ounce)
mushrooms
1/4 cup chopped parsley
1 teaspoon garlic salt
1 teaspoon salt
1 teaspoon oregano
1/4 teaspoon pepper
1 bay leaf
dash basil
1 can (6 ounce) tomato
paste
1 can (8 ounce) tomato
sauce
1 can (16 ounce) tomatoes
1 package (8 ounce)
spaghetti*

In a skillet, brown the ground beef and onion.

Add all of the other ingredients except the spaghetti. Simmer covered for one hour. Remove the cover. Simmer for an additional one-half hour.

Cook the spaghetti according to package directions.

Serve.

Per Serving (excluding unknown items): 1980 Calories; 124g Fat (55.8% calories from fat); 97g Protein; 123g Carbohydrate; 16g Dietary Fiber; 386mg Cholesterol; 7037mg Sodium. Exchanges: 4 1/2 Grain(Starch); 11 Lean Meat; 10 1/2 Vegetable; 18 Fat; 0 Other Carbohydrates.