

Family Favorite Spaghetti Sauce

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Servings: 9

Preparation Time: 30 minutes

Cook time: 6 hours

1 pound bulk Italian sausage
1/2 pound ground beef
1 large onion, chopped
1 rib celery, chopped
3 cloves garlic, minced
1 tablespoon olive oil
1 can (28 oz) diced tomatoes
1 can (10 3/4 oz) condensed tomato soup, undiluted
1 can (8 oz) mushroom stems and pieces, drained
1 can (8 oz) tomato sauce
1 can (6 oz) tomato paste
1 tablespoon sugar
1/2 teaspoon pepper
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
hot cooked spaghetti

In a large skillet over medium heat, cook the sausage, beef, onion, celery and garlic in oil until the meat is no longer pink. Drain.

In a 4-quart slow cooker, combine the diced tomatoes, tomato soup, mushrooms, tomato sauce, tomato paste, sugar, pepper, basil and oregano.

Stir in the sausage mixture.

Cover and cook on LOW for 6 to 8 hours or until the flavors are blended.

Serve with the spaghetti.

Yield: 2 1/4 quarts

Per Serving (excluding unknown items): 150 Calories; 9g Fat (51.3% calories from fat); 6g Protein; 13g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 458mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.