

Spaghetti Sauce - Good Old Fashioned

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Yield: 2 1/2 cups

*2 tablespoons olive oil
3/4 cup onions, finely chopped
3/4 cup carrots, finely chopped
3/4 cup celery, finely chopped
2 tablespoons fresh parsley, chopped
1 clove garlic, minced
1 can (28 ounce) crushed or whole
tomatoes including the juice
1/2 teaspoon dried basil or 2
tablespoons chopped fresh basil
1 teaspoon tomato paste
salt (to taste)
pepper (to taste)*

In a large saucepan on medium heat, heat the olive oil. Add the onions, carrots, celery and parsley. Stir to coat with the oil. Reduce the heat to low. Cover the pan. Cook for 15 to 20 minutes until the vegetables are soft and cooked through. Remove the cover.

Add the garlic. Increase the heat to medium-high. Cook the garlic for one-half minute. Add the tomatoes (if you are using whole canned, break up with your fingers as you add them to the pan). Add the tomato paste and basil. Season with salt and pepper.

Bring to a slow simmer. Reduce the heat to low. Cook, uncovered until thickened, 15 to 30 minutes. Puree' the sauce in a blender (or push through a food mill) for a smooth consistency. Adjust the seasonings.

Cover the pot and simmer gently for 15 to 20 minutes.

Serve with meatballs and pasta or crusty bread. Sprinkle with a little chopped parsley for garnish, if desired.

The recipe is shown using equal amounts of ground beef and ground pork. You could also use one-third each of ground beef, pork and veal.

Per Serving (excluding unknown items): 352 Calories; 28g Fat (67.7% calories from fat); 4g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 164mg Sodium. Exchanges: 4 1/2 Vegetable; 5 1/2 Fat.