

Spaghetti Sauce OLynch

Cheryl and Steve Lawler

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Servings: 4

*3/4 pound ground round
1/2 pound ground pork
1 can (16 ounces) chopped
tomatoes
1 can (16 ounce) tomato
sauce
1 onion, minced
4 cloves garlic, pressed
2 tablespoons fresh basil,
finely chopped
1 teaspoon fennel seed,
mashed or ground
1 1/2 teaspoons salt
1/2 teaspoon pepper
grated Parmesan and
Roamno cheese (to taste)*

In a skillet, brown the beef and pork with the onion and garlic. Stir in the fennel.

In a large saucepan, mix the tomatoes, tomato sauce, basil, salt, pepper and Parmesan and Roamano cheese. Bring to a low simmer.

Add the brown meat mixture. Cook at low simmer for one hour, stirring occasionally.

Serve over pasta or noodles.

Per Serving (excluding unknown items): 373 Calories; 27g Fat (65.6% calories from fat); 26g Protein; 5g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 892mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 3 Fat.