
Spicy Spaghetti Sauce

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

12 ounces V-8 juice
1 can (10 ounce) mild Ro-Tel tomatoes
small can tomato paste
2 tablespoons olive oil
2 tablespoons garlic, chopped
2 tablespoons dried oregano
1 cup fresh basil leaves, finely chopped (or two tablespoons dried)
1 tablespoon dried parsley
1 small sweet onion, diced
10 white mushrooms, thinly sliced
1 whole red or yellow pepper, diced
1 pound Italian turkey sausage, sliced

In a large pot, heat the V-8 juice, Ro-Tel tomatoes and tomato paste.

In a large skillet, heat oil. Saute' the garlic until light brown. Add the herbs and spices and heat for 2 minutes. Add the chopped vegetables. Stir and cook until soft, approximately 10 minutes. Add the contents of the skillet to the sauce.

In the skillet, brown the sausage until almost cooked. Drain and add to the sauce. Stir and bring to a boil. Cover and simmer on low heat for two to four hours, stirring occasionally.

(NOTE: It is easier to slice sausage when it is partially frozen. You can add or substitute homemade meatballs for the sausage. Freezes well.)

Condiments, Sauces

Per Serving (excluding unknown items): 337 Calories; 28g Fat (71.7% calories from fat); 4g Protein; 21g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 5 1/2 Fat.