

Italian Spaghetti Sauce with Meat Rolls

Mrs Henry B strong

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*2 pounds round steak, cut
1/2-inch thick
salt
pepper
1/2 cup Parmesan or
Romano cheese
1/4 cup parsley, chopped
1/4 cup raisins
2 cloves garlic, sliced thin
2 slices bacon, chopped
2 tablespoons olive oil
1 large can tomatoes
1 onion, chopped
1 tablespoon sugar
1 bay leaf
1 medium can mushrooms
1 can tomato paste
1 pound spaghetti
Romano cheese (for
garnish)*

Divide the meat into rectangular size pieces for rolling. If tough, pound on both sides with the blade of a butcher knife.

Sprinkle each piece of meat evenly with salt, pepper, cheese, parsley, raisins, garlic and bacon. Roll each piece of meat and tie with a string to secure.

In a large skillet, heat the olive oil. Brown the meat rolls on each side until evenly browned. Then add the tomatoes, onion, sugar, bay leaf, mushrooms, tomato paste, one can of water, salt and pepper to taste. Stir well. Let simmer for two hours, stirring occasionally.

Remove the meat rolls from the pan with a slotted spoon. Remove the string from each roll. Return to the skillet.

Cook the spaghetti according to package directions until tender. Blanch with cold water. Drain well. Place into a large serving bowl.

Pour the meat and sauce from the skillet over the spaghetti. Mix well.

Garnish with Roman cheese. Serve.

Per Serving (excluding unknown items): 4080 Calories; 151g Fat (33.7% calories from fat); 245g Protein; 425g Carbohydrate; 22g Dietary Fiber; 548mg Cholesterol; 1750mg Sodium. Exchanges: 22 1/2 Grain(Starch); 25 1/2 Lean Meat; 8 1/2 Vegetable; 2 Fruit; 13 Fat; 1 Other Carbohydrates.