

Quick Spaghetti Meat Sauce

1.5 LB. GROUND CHUCK, BROWNED AND DRAINED
28 OZ. CAN CRUSHED TOMATOES
1 TSP. SUGAR
1/2 TSP. EACH SALT AND BLACK PEPPER
3 FRESH TOMATOES, CHOPPED OR A 14.5 OZ. CAN OF PETITE DICED TOMATOES
1/2 MEDIUM ONION, CHOPPED
2 CLOVES PRESSED GARLIC OR GARLIC POWDER
1 TBSP. ITALIAN SEASONING BLEND

Brown your beef in a large skillet and drain. Add the remaining above ingredients (except fresh garlic) and simmer for 10 min, stirring occasionally.

Add pressed garlic and serve over pasta with shredded mozzarella cheese or parmesan.

Add extra sugar if desired or to make it more kid friendly. Enjoy! Serves 6-8 people.



Tammy's Tips: This pasta can be used as a basic tomato pasta sauce for non-meat dishes as well. You can also omit Italian seasoning and use 1/2 lb. of Italian sausage and 1/2 lb. of ground beef.