

Pasta Sauce With Meat

A good all-around meat sauce to use with a variety of pasta dishes.

File under: Comfort food

Recipe by: David Horton

Yield: Makes enough for 2 lbs. of pasta.

Preptime: About one hour

Ingredients

1 tsp. olive oil
3 cloves garlic, minced
1 rib celery, finely chopped
1 lb. lean ground beef
One 28 oz. can crushed tomatoes
One 6 oz. can tomato paste
1 tsp. Italian seasoning
1 tsp. sweet basil
1 1/2 tsp. brown sugar
1/2 tsp. kosher salt
A pinch of crushed red pepper
1/4 C. grated Romano cheese

Preparation Instructions

In a 3-quart saucepan sweat garlic and celery in olive oil over medium-low heat. Add ground beef and raise heat to brown slightly. Drain fat if necessary. Add crushed tomatoes, spices, sugar and salt. Lower heat to a slow simmer and add cheese. Cook for at least 30 minutes, much longer if possible.

Serving Instructions

Serve over spaghetti or any other favorite pasta.

Notes

Make a double batch and freeze the leftover sauce for a quick meal later on.