

Mamma Craig's Spaghetti Sauce

Ingredients

- 1 onion
- 1 Tbsp Olive or Cooking Oil
- Canned tomatoes (28oz) OR 2 cups fresh tomatoes
- Small can (5.5oz) Tomato paste (can use a larger can if preferred)
- 1 TBSP sugar (to cut acid found in tomatoes)
- 1 TSP salt
- 1 TSP pepper
- 1 TSP oregano
- 1 TSP basil
- 1 Bay leaf
- 1 large clove crushed garlic (or maybe a tsp Garlic Powder)
- Optional – 1 TSP chilli peppers
- 1 TBSP parsley
- 1 Green Pepper (chopped)
- 1 Red Pepper (chopped)
- 1 Yellow Pepper (chopped)
- 1 or 2 sticks celery (chopped)
- 1 Hot banana pepper (or other spicy pepper of your preference) chopped small
- 1 lb ground lean beef OR meatballs

1. Chop onion
2. In large pot or dutch oven, fry onions in olive oil until tender
3. Add in one large can (28oz) or 2 cups fresh tomatoes.
4. Add in tomato paste.
5. Add in spices (Sugar, Salt, Pepper, Oregano, Basil, Bay Leaf, garlic, chilli peppers)
6. Add in chopped vegetables – I prefer larger chunks – chop to your preference
7. Optionally sprinkle some cheese on top.
8. Bring to a slow boil and simmer for 1 hour, stirring occasionally
 - a. If using ground beef, brown the meat in a frying pan and drain.
 - b. If using fresh meatballs, brown in frying pan and drain.
 - c. **** Do This**** >> If using pre-made fully cooked frozen meatballs, frying is not required.
9. Add in meat and simmer for another hour. (the long slow simmering causes caramelization of the tomatoes adding to the flavour.)
10. Serve over pasta noodles of your choice.