



SouthernStyle Meat Sauce

Jacob · 30/09/2024



Prep Time

2 hrs 40 mins

Difficult

Medium

Servings

9

Description

This Southern spaghetti meat sauce recipe is my Moms brainchild and its been my favorite since I was three years old Great for dinner parties Serve over spaghetti noodles and serve with a salad and garlic bread

Ingredients

- - 3 tablespoons olive oil - 1 onion
- chopped - 4 cloves garlic
- chopped - 2 pounds ground beef - 2 (6 ounce) cans tomato paste - 2 (15 ounce) cans tomato sauce - 4 tablespoons dried oregano - 4 tablespoons dried basil leaves - 3 teaspoons Worcestershire sauce - 2 tablespoons sugar - 2 tablespoons red pepper flakes - 2 (4.5 ounce) cans mushrooms
- drained - 2 bay leaves - 2 tablespoons salt

Instructions

1. Heat olive oil in a large pot. Add onions and simmer on medium heat until semi-soft; stir in garlic. Be careful not to burn. Add ground beef and cook until all pink is gone; drain. In the pot with drained beef
2. gently stir in tomato paste and tomato sauce. Mix in oregano
3. basil
4. Worcestershire sauce
5. sugar
6. red pepper flakes
7. mushrooms
8. bay leaves
9. and salt; bring to a boil. Turn heat down to low and simmer for about 2 hours.