

Mom's Spaghetti Sauce

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Makes a huge vat.

1/2 cup is 1 point on all plans

- 1 lb sweet Italian sausage
- little olive oil
- 1 onion (peeled and cut in half)
- 3 28 oz cans tomato puree
- 3 12 oz cans tomato paste
- 2 bay leaves
- 1 Tbsp (or more to your taste) dried basil
- 1 Tbsp (or more to your taste) dried oregano
- 1 Tbsp (or more to your taste) dried parsley
- 1 tsp (or more to your taste) garlic powder
- 1 1/2 tsp or to taste salt
- 1 carrot (peeled and cut in half)
- a few strips of green pepper

1. In a large pot, heat olive oil (about 2 tsp). Add onion and sausage and cook until the sausage is brown on all sides. Turn down the heat and add in the puree and the paste. Then, using the paste cans, add 3-4 cans of water until the sauce is the consistency you like. Add in all the spices and the carrot and the pepper. Stir well. Let simmer over low heat for about 3 hours. Remove onion pieces, green pepper and carrots.

**If you like a sweeter sauce, you can add 1 Tbsp sugar