

**The World's Best Spaghetti
and Lasagna Meat Sauce**



**The Recipe
Everyone Should Have It**

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For years, my wife has been preparing the very best Italian meat sauce. It's thick and embedded with a wonderful flavor that words cannot describe. You have to taste it. You, your family and guests will simply have to try some to understand. We have it as a tradition every Christmas Eve. When our children and grandchildren talk about Christmas Eve, it is anticipation or memory of this meal as much as the event.

The noodles don't matter. (*Although we have come to like angel hair spaghetti.*) The wine doesn't matter. (*We enjoy cheap red or Burgundy from a gallon bottle or box.*) The salad doesn't matter. (*We are OK with bag salad.*) The bread doesn't matter. (*Frozen Texas Toast is quite good.*) ***But, by all means have the best sauce. Make enough for leftovers.***

Recipe

Ingredients	Using 1 Pound Ground Beef	Using 2 Pounds Ground Beef	Using 3 Pounds Ground Beef	Using 4 Pounds Ground Beef
Pounds of Ground Beef Use the best quality and most lean that you can find. (e.g., 97/3)	1	2	3	4
Tomato Paste. 6 oz can	1	2	3	4
Diced Tomatoes. 15 oz can	1	2	3	4
Medium Onion - Chopped	1	2	3	4
Medium Green Pepper - Chopped	1/2	1	1½	2
Stalk of Celery - Chopped	1	2	3	4
Teaspoon of Oregano	1	2	3	4
Teaspoon of Thyme	1/2	1	1½	2
Teaspoon of Basil	1/2	1	1½	2
Teaspoon of Minced Garlic	1	2	3	4
Teaspoons of Salt	2	4	6	8

For peak flavor, start this in the morning two days prior to the meal. (*i.e., If you are serving this Friday evening, start on Wednesday morning.*)

1. Fry the ground beef in the bottom of the pot that will ultimately hold the finished sauce for simmering. As it fries; with the spatula, chop it as fine as you are able. (*If visible grease is present due to using less than lean beef, drain it off.*)
2. Add and stir in all the other ingredients. Heat slowly on medium-low heat until bubbling.
3. Turn heat to low and simmer for 4-5 hours. Stir occasionally.
4. Remove from heat and allow cooling to room temperature.
5. Before going to bed, place in the refrigerator until the afternoon of serving. (*This is the secret to the deep flavor. There is something about a few days of refrigerator storage that really enhances the taste. You have probably already noticed this with other leftovers.*)
6. About 2-3 hours before your meal, resume simmering. The aroma filling the house will drive them crazy. When heated, it is ready to put over the noodles of your choice.

THIS SAUCE IS ALSO IDEAL FOR LASAGNA

FOR LASAGNA (*presuming a 9" X 13" casserole dish*) :

You will need a box of lasagna noodles, cottage cheese and shredded mozzarella cheese.

Then....

Make sauce as for spaghetti using the 1 lb formula.

Boil nine lasagna noodles. Drain and lay aside.

After spraying the casserole dish with PAM or wiping with vegetable oil, layer the ingredients from the bottom up in the following sequence.

Bottom -- Layer of sauce

Next -- Layer of noodles

Next -- Grated Mozzarella cheese

Repeat the above three layers

Top with Parmesan cheese

Bake at 350 degrees for 30-40 minutes. If your oven tends to over brown the cheese toppings, you can cover with PAM'ed foil for the first half to three-fourths of the baking time.

I HOPE YOU FIND THIS RECIPE ENJOYABLE

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