

## SPAGHETTI SAUCE

- 1 clove garlic (pounded with salt)
- 2 tblsps. oil
- 1 1/2 lbs. ground beef (or lamb)
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 large can)
- 1 small can) whole tomatoes, chopped,  
save juice
- 1 can (8 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 1/2 tsps. salt
- 1 tsp. mixed Italian herbs
- 1/2 tsp. thyme
- 1 tsp. basil
- 1/2 tsp. oregano
- 1 cup water
- fresh or canned mushrooms, optional

Heat oil in large kettle - add the meat, garlic, onion and green pepper and cook until meat is lightly browned, stirring to keep meat crumbly.

Add all the other ingredients, stirring to blend well, and simmer for several hours or until sauce is thick.