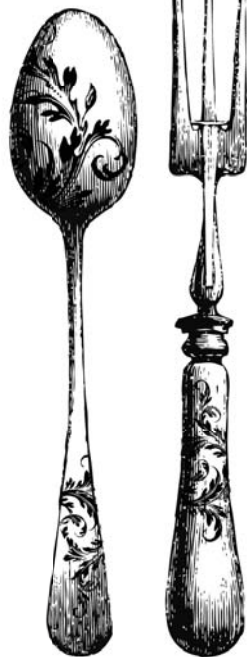


MEATY ITALIAN SPAGHETTI SAUCE

- 2 lb. bulk Italian pork sausage or ground beef
- 2 large onions, chopped (2 cups)
- 2 cups sliced fresh mushrooms (6 oz.)
- 3 cloves garlic, finely chopped
- 1 can (28 oz.) diced tomatoes, undrained
- 2 cans (15 oz. each) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 tablespoon dried basil leaves
- 1 teaspoon dried oregano leaves
- 1 tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon crushed red pepper flakes



Spray 5-quart slow cooker with cooking spray. In 12-inch skillet, cook sausage or beef, onions, mushrooms and garlic over medium heat about 10 minutes, stirring occasionally, until meat is no longer pink; drain.

Spoon mixture into cooker. Stir in remaining ingredients. Cover, cook on low heat setting 8 to 9 hours or until vegetables are tender.

Do-Ahead Tips:

- 1) If you have a removable liner for your crock pot, you can even put this together the night before, refrigerate, then return the liner to the crock pot in the morning, plug it in, and go on your merry way. This makes a delicious sauce, and you can use it in many different ways.
- 2) Ladle this versatile sauce into refrigerator or freezer containers; cover and refrigerate up to 4 days or freeze up to 4 months. To thaw frozen spaghetti sauce, place container in the refrigerator about 8 hours.

Flourishing at Home with Jan Hart