

## **Spaghetti Sauce**

**By: Kaitlyn French**

I wouldn't say my spaghetti sauce is famous, but whenever I have it, I think of family. My recipe is made by home grown food. In the spring my family buys our own cows and raises them through the summer. In the fall we butcher them, cut and grind the meat. Our vegetables are also home grown. We grow onions that make you cry as soon as you start cutting them, peppers so green that you can barely see them on the plants and tomatoes so red that they can be mistaken for blood. My mom even makes her own tomato sauce which is much healthier. Unfortunately we don't grow garlic, but our neighbours do, so we buy it from them.

I find spaghetti is a comfort food. In the winter my family does a lot of ski-dooing. It is nice to come in from the hypothermic, bitter air to the smell of spaghetti sauce as it simmers away in the crock-pot. My birthday is in the winter. On my special day we normally do winter activities like skating, tobogganing or ski-dooing. My birthday supper request is always spaghetti.

I have a very close relationship with my grandparents. Whenever I go to their house, the first thing I blurt out is, "is it spaghetti for supper?" I feel loved because supper IS normally spaghetti.

I have an awesome family, and spaghetti is a reminder of all the stuff we do as a family.

### **Spaghetti Sauce Recipe**

1lb of ground beef  
2 onions  
2 green peppers  
1 large clove, minced  
2 cans of tomato sauce  
1 can of tomatoes  
2 tsp dried oregano  
1 tsp dried basil  
½ tsp dried thyme  
¼ pepper

In large heavy skillet, brown beef over medium heat; pour off all fat. Stir in onions, peppers and garlic; cook, stirring occasionally until softened.

Stir in tomato paste and tomatoes (breaking up with the back of a spoon); water oregano, thyme, basil and pepper; bring to a boil. Reduce heat and simmer for 10 minutes. Add water if too thick. Taste and adjust seasonings.

Enjoy!