

Homemade Spaghetti Sauce



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

14.5 oz can	Ground beef (or 1 pint)
15 oz can	Diced tomatoes
1-2 cans	Tomato paste (depends on how thick you want)
1-2 cans	Tomato sauce (depends on how thick you want)
1 small can	Mushrooms, drained (optional)
1 small can	Diced olives, drained (optional)
1 Tbsp	Dried minced garlic or garlic powder(or to taste)
1 Tbsp	Dried onion or onion powder (or to taste)
1-2 Tbsp	Italian seasoning (to taste)
	Salt and pepper to taste

Directions:

1. Add all ingredients to a large pot
2. Simmer for about 20 minutes on low
3. Stir occasionally

