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