**Spaghetti Sauce**

4 servings

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| 1 T olive oil1 clove of Garlic – minced½ a small - med onion, diced | Heat oil in a large sauce pan over medium heat. Sauté garlic and onion until aromatic and tender. |
| 15 oz crushed tomatoes15 oz tomato sauce1bay leaf1 T + ¾ tsp dried oregano1 T + ¾ tsp dried parsley |  Stir in crushed tomatoes, tomato sauce, oregano, Parsley and bay leaf. Simmer 30 min. |
| 2 T Romano Cheese2 T Parmesan cheese |  Remove bay leaf and add Romano and parmesan cheeses. Simmer 10 min. May serve over pasta. |
|  | ***For class cool, then place in container provided by your teacher and label with your class period and lab number. We will be using this sauce for our Lasagna next time.*** |

**Spaghetti Sauce**

1-2 T. Butter/Olive oil

1/2 lb. Mushrooms - minced

1/4 onion - diced

1 clove garlic - grated

1 quart whole tomatoes - pureed (I use a stick blender to do this in the can)

1 T. Italian Seasoning

2 T. Bean flour (dried beans can be ground into flour using a wheat grinder - it doesn't matter which bean you use, they work great to thicken the sauce)

Place the oil in a pan to heat, when shimmering add the mushrooms, onion and garlic, saute' until mushrooms have released their juices. Add tomatoes, italian seasoning and bean flour, stir to combine and heat through, simmer to desired consistency.

**Spaghetti and Spaghetti Sauce**

1/2 lb spaghetti cooked “al dente”, drained (reserve ½ C water from the pasta)

1T olive oil

1 clove of garlic, thinly sliced

4 large Roma tomatoes, coarsely chopped

1 ½ tsp sugar

 ½ tsp salt

¼ tsp black pepper

1 T dried basil or ½ C fresh basil

¼ lb mozzarella, cubed

3 T grated parmesan cheese

Cook pasta in large amount of boiling water. Stir occasionally. Cook until al dente about 10 min. Reserve ½ C water.

When pasta is ½ done, heat oil in a large skillet. Add Garlic and sauté for 30 seconds.

Add tomatoes, sugar, salt and black pepper. Cook for 5 min. Add ½ C reserved pasta water. Cook 1 min. Add pasta, basil and mozzarella to skillet. Toss well. Serve at once with grated parmesan cheese on top. Serves 2-4.

# Marinara Sauce

**2 tsp. olive oil 1/2 tsp. dried basil**

**1/4 onion, minced 1/2 tsp. dried oregano**

**1 clove garlic, minced 1/2 tsp. Italian seasoning**

**1 (15 oz.) can crushed tomatoes 1 Tbsp. sugar**

**1 (6 oz.) can tomato paste 1/4 tsp. salt**

**1 (6.5 oz.) can tomato sauce 1/4 tsp. pepper**

**1/2 c. water 1/2 pkg. spaghetti**

**1. Fill the large saucepan with water and put on a small burner on high. When the water is boiling, break the spaghetti in half and add it to the water. Cook until al dente and then drain.**

**2. Reserve 2 Tbsp. of the minced onion to use in the sausage meatballs.**

**3. Peel the paper skin from the garlic. Use the garlic press to mince the garlic.**

**4. In the large pot, add the olive oil, onion and garlic. Sauté on medium heat until the onions are soft and translucent. Stir often to keep the onions from sticking to the bottom of the pot.**

**5. Add the crushed tomatoes, tomato paste, tomato sauce and water. Stir until all ingredients are smooth and well combined.**

**6. Stir in the basil, oregano, Italian seasoning, sugar, salt and pepper. Allow the sauce to simmer on medium heat for about 10 minutes, stirring occasionally to prevent sticking. Stir the cooked spaghetti noodles into the sauce and toss to coat it. Serve warm.**