

Spaghetti Sauce

1 lb Italian Sausage*** (I use Sweet for Church, but Mild or Hot at home)

1 large can crushed tomatoes

1 15 oz can tomato paste

1 small can tomato sauce

1 cup beef broth

1 tbsp onion powder

½ tbsp garlic powder

1 ½ tsp oregano

3 tbsp basil

2-3 tbsp brown sugar

2 tsp salt

1 tsp pepper

Method: Brown the sausage in a frying pan over medium heat. Place the cooked sausage in the bottom of a large crock pot or roaster and add the other ingredients. Mix well. Before you start cooking it, taste it – you're looking to see how canned/sour/bland the tomatoes taste. If it seems "off", add a bit more sugar and/or salt, and taste again. Then cook on low for 8 hours (or on high for 4 hours if you're in a pinch).

***Note: If you can find it, the uncased sausage works best because it breaks up nicely. If the only sausage you can find is in casings, be sure to remove the casings before you start, then break up the sausage in the pan or slice it before you fry it. When you slice uncased sausage raw, it will tear up into chunks – this is what you want.