



Basic Spaghetti Sauce

Ingredients

- 1 tablespoon olive oil**
- ½ small onion chopped**
- 4 minced garlic cloves (or more)**
- 1 pound of ground beef (optional)**
- 4 28 ounce cans of crushed tomatoes**
- 1 28 ounce can of tomato sauce**
- 1 teaspoon Worcestershire sauce**
- 1 tablespoon dried oregano**
- 3 bay leaves**

Preparation

In a large soup pot, heat the olive oil over medium heat. Add the chopped onion and cook for a couple of minutes, until the onion is tender. Add the garlic and cook briefly.

If using ground beef, cook the meat in a skillet until browned, drain the meat, and add it to the pot.

Add the tomatoes, tomato sauce, Worcestershire sauce, oregano, and bay leaves. Stir everything together, then turn the heat to medium low and simmer for four hours, stirring occasionally.

Remove the sauce from the heat, and serve over pasta.

Enjoy!