

Homemade Spaghetti



Shopping list:

- **1 cup chopped onion**
- **1 lb. Italian sausage (or hamburger)**
- **1—6oz tomato paste**
- **1-28oz can crushed tomatoes in puree**
- **1/2 cup water**
- **1 cup tomato sauce**
- **2 tsp. chopped garlic (or 1/2 tsp. garlic powder)**
- **2 bay leaves**
- **1 tbsp. sugar**
- **2 tsp. dried basil**
- **2 tsp. fennel seeds**
- **1 tsp. oregano**
- **1 tsp. dried parsley**
- **1 tsp. salt**
- **16oz uncooked spaghetti**
- **1/2 cup parmesan cheese**
- **2-1 gallon freezer bags**

Prep:

1. Label your freezer bag.
2. Cook meat in a large pot with the chopped onions until cooked. Drain all fat from the meat.
3. Add all remaining ingredients to the large pot except for spaghetti noodles and parmesan cheese, bring to a boil. Lower the heat and simmer for about 30 minutes, partially covered. You do NOT have to cook sauce mixture but it helps to enhance the flavors.
4. Pour sauce mixture into 2-1 gallon freezer bags, lay flat to freeze.

Cook:

1. The night before, place spaghetti sauce in the refrigerator to thaw. Cook thoroughly in a pot or skillet.
2. Cook spaghetti noodles according to package directions. Drain water and add sauce to noodles. You may also cook sauce and noodles separately. Top with parmesan cheese.
3. Enjoy!