

Tomato Meat Sauce

Ingredients:

1/2 lb (227 g) lean ground beef
15 mL oil
1/2 onion, finely chopped
1 green pepper, chopped
2 cloves garlic, minced
5 mL dried oregano
5 mL dried basil
1 can (28 oz/796 mL) crushed tomatoes
1/2 can tomato paste
5 mL granulated sugar
salt & pepper to taste

Preparation:

1. Brown ground beef in a frying pan on medium heat. Cook until the colour has changed. Drain the excess fat. Remove from pan and set aside.
2. Add onions, garlic and green pepper, fry until softened.
3. Add ground beef back to pan.
4. Add tomatoes, tomato paste, sugar and seasonings. Simmer until end of class.
5. Package and refrigerate for lasagne.