

# *Bobby's Spaghetti Sauce*

*Bobby Collins*

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|---|---|
| 1 white onion, chopped  | 2 cans (15 oz. each) tomato sauce   |
| 1 Tbsp. minced garlic (about 4 to 6 cloves)   | 1 jar (24 oz.) spaghetti sauce ( <i>I use Classico Tomato Basil or Fire Roasted Tomato and Garlic</i> ) |
| 2 Italian sausage links, casings removed ( <i>I use 1 hot link and 1 mild link</i> )  | ¼ to ½ cup red wine   |
| 1 lb. lean ground beef  | Oregano*  |
| Salt and pepper, to taste   | Basil*  |
| 1 can (6 oz.) tomato paste  | Italian seasoning*  |
| 1 can (15 oz.) diced tomatoes   | Thyme*  |
| 2 cans (15 oz. each) tomato sauce with Italian herbs ( <i>I use Contadina brand</i> ) | Salt and pepper, to taste*  |
|   | 2 bay leaves  |

Sauté onion and garlic; add sausage and sauté for 5 minutes. Add ground beef and sauté until browned. Salt and pepper as needed.

Remove from heat and stir in tomato paste. Add back to heat and add diced tomatoes, tomato sauces, spaghetti sauce, wine, bay leaves and all seasonings. Stir in and bring to boil. Reduce heat and simmer, stirring occasionally, for a minimum of 1 hour (the longer the better). Serve over your favorite pasta. *Makes 6 to 8 servings with very generous proportions. We usually have plenty of leftovers or we will freeze the extra sauce for another dinner. Just thaw and place in pot to heat.*

*\*This is where you can adjust or add seasonings to your liking; I use roughly 1 tablespoon of each.*

*\*\*As a healthy alternative, you can use spaghetti squash in place of pasta. Cut squash in half lengthwise and remove pulp and seeds. Place facedown on cookie sheet. Bake 45 minutes at 350°. Turn over and cook another 15 minutes. Scoop spaghetti squash out into a bowl and season to taste.*

**\*\*Squash Veggie Bake:** Follow above steps for squash (save squash shells) and set squash aside. In a large skillet, saute some shallots, garlic and onion in a generous amount of olive oil for about 3 to 5 minutes. Add cubed or large diced assorted vegetables. I use carrots, celery, squash, zucchini, broccoli, and asparagus. Add salt and pepper and saute until tender. Stir in spaghetti squash, 1 cup sauce, fresh chopped tarragon, and salt and pepper. Using the hollow spaghetti squash shells as your bowl, scoop some sauce to cover bottom. Fill shell with vegetable mixture. Top with a generous amount of sauce. Slice fresh mozzarella cheese on top and place under broiler until bubbly and brown. Drizzle a little more sauce on top. You can also prepare in individual ramekins. This is delicious!

## *Spaghetti with Roasted Asparagus*

Traci Horany

1 ¼ lbs. fresh asparagus, trimmed	¼ tsp. dried thyme
½ lb. whole wheat spaghetti	¼ tsp. red pepper flakes
1 Tbsp. olive oil	Grated zest and juice of 1 lemon
3 cloves garlic, minced	1 tsp. garlic salt

Spread asparagus on a large rimmed baking sheet sprayed with nonstick spray. Season with salt and pepper to taste. Roast at 425° until lightly charred and tender, about 12 to 14 minutes. When cool enough handle, cut into 1-inch pieces.

Meanwhile, cook spaghetti according to package directions. Mix the oil, garlic, thyme, and red pepper flakes in a microwavable bowl; microwave on high just until warm and fragrant, 30 to 40 seconds. Stir in lemon zest, juice, and salt.

Drain spaghetti, reserving ¼ cup cooking liquid. Toss the spaghetti, asparagus, and oil mixture in a bowl with enough of the reserved liquid to evenly moisten the spaghetti. *This would also be good with grilled chicken added!*