

Thom's Quick Spaghetti with Meat Sauce

Thom Hackett

Original Recipe From Taste of Home Magazine, Premiere Edition

Servings: 2



This dish is very easy to make and only takes about 30 minutes from beginning to end. I was always taught that you must simmer the sauce all day for the flavors to blend in the sauce. I did it for years. But while Donna and I lived in Europe I attended the Gourmet Italia Cooking School to learn how to cook Italian food like the Italians do. Guess what? The first thing they taught me—if the recipe is difficult or it takes a long time to prepare then it is not Italian.

The original of this recipe for Italian Spaghetti with Meat Sauce was originally done by Ruth Peterson of Jenison, Michigan some 40 years ago. (Michigan. Where is that in Italy?) My family loves it and I think yours will also.

Ingredients

8 ounces extra lean ground beef
1 clove garlic, minced
2 tablespoons shallots, chopped
1 teaspoon each of sea salt, oregano, thyme, basil, and sugar
½ teaspoon black pepper
1 teaspoon Worcestershire sauce
2 (8 ounce) canned tomato sauce plus 1 cup water
4 ounces green olive, chopped
4 ounces California ripe olives, chopped
8 ounces spaghetti, cooked
4 tablespoons freshly grated parmesan cheese

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

Cooking Method

Cook spaghetti according to package directions.

In a skillet, brown ground beef, garlic, and shallots.

1. Add sea salt, oregano, thyme, basil, sugar, black pepper, Worcestershire sauce, water, and tomato sauce.
2. Cover and simmer for 10 minutes.
3. Add olives.
4. Simmer 5 minutes longer.

Spoon over spaghetti.

Sprinkle with cheese.