

SPAGHETTI

(Serves 6)

INGREDIENTS AND QUANTITIES:

1 LB HAMBURGER
1 LARGE ONION
1 LARGE CAN TOMATO SAUCE
1 SMALL CAN TOMATO PASTE
2 TBSP GARLIC
1/2 TSP OF SALT
1 TSP OREGANO
1 TSP BASIL
2 TBSP OIL
2 HAND FULLS UNCOOKED SPAGHETTI

EQUIPMENT & UTENSILS:

LARGE FRY PAN
LARGE POT AND LARGE BOWL
CUTTING BOARD AND COLANDER
PARING KNIFE
WOODEN SPOON
SMALL, DRY AND LIQUID MEASURES

PROCEDURE:

1. BOIL WATER AND ADD PASTA. COOK UNTIL TENDER STIRRING OCCASIONALLY. RINSE IN COLANDER AND SET ASIDE IN A BOWL.
2. DICE ONIONS. COOK ONIONS AND GARLIC UNTIL ONIONS ARE CLEAR.
3. ADD HAMBURGER AND COOK UNTIL NO RED IS SHOWING.
4. DRAIN GREASE FROM THE PAN INTO A METAL CONTAINER AND SET ASIDE TO COOL.
5. ADD TOMATO PASTE, TOMATO SAUCE, SALT, OREGANO AND BASIL TO ONIONS.
6. REDUCE HEAT TO LOW AND SIMMER UNTIL SAUCE THICKENS SLIGHTLY.
7. POUR SAUCE OVER PASTA AND SERVE SPRINKLED WITH PARMESAN CHEESE.