

## JULIE'S HOMEMADE PASTA SAUCE

Note: All measurements are approximate and may be adjusted to taste. Makes approximately 4 servings.

- 1 lb ground sirloin
- 2 tbsp olive oil
- 1/3 cup chopped onions
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- Dried basil, oregano, salt and pepper to taste
- 2 jalapenos, minced—leave a few seeds in for some spice
- 5-7 medium-sized tomatoes
- 1/2 cup ketchup (a few squirts)
- 1-2 tbsp fresh basil leaves, minced
- 1 small can mushroom pieces
- 2 tbsp ground flaxseed (this is not necessary, but why not sneak in some healthy Omega 3s)
- Cornstarch, if needed for thickening

Set a pot of water to boil for peeling tomatoes. Meanwhile, brown ground sirloin in olive oil with onions and bell peppers. When meat is almost browned, add garlic, jalapenos and dry seasonings. Turn off heat when done, to deal with tomatoes.

When water boils, plunge tomatoes in pot for one minute, then remove. When cool enough to handle, core, peel and seed them. Chop and mix remaining pulp into meat mixture. Use a turkey baster to drain any excess liquid/grease.

Add ketchup, fresh basil, mushrooms, and flaxseed to meat/tomato mixture. Bring to a boil, and then turn down heat to simmer. Simmer for 15-20 minutes minimum, longer if possible, until tomatoes and peppers have softened. If sauce is too watery, cook longer or add a bit of cornstarch to thicken.

Serve over pasta or spaghetti squash with parmesan cheese and a salad and/or garlic bread.

Recipe from:

<http://growpickeat.wordpress.com/2011/08/22/julies-homemade-i-can-do-it-spaghetti-sauce/>