

Mom's Spaghetti

This is a great, hearty spaghetti recipe that is easy to make, delicious, and nutritious!

Ingredients

- 2 Tablespoons Olive Oil
- 4-5 cloves minced garlic
- 1 large yellow onion
- 1 medium zucchini (optional, but I really like it)
- 1 pound hamburger (or ground deer meat)
- 2 cans tomato paste (8 oz each)
- 1 can tomato sauce (10 oz)
- 2 cups water
- ½ box of spaghetti noodles
- 1 ½ to 2 Tablespoon Thyme
- 1 ½ to 2 Tablespoon Oregano

1. Mise en Place: Crush the garlic, chop all the vegetables, make sure the meat is thawed, open cans, measure out 2 cups of water, measure vegetables, and get pasta water ready to boil.
2. In a large saucepan, heat the olive oil at medium low heat. Add minced garlic and lightly saute until aromatic.
3. Add the chopped yellow onion and saute until soft
4. Add the chopped zucchini and saute until soft (you can use medium heat for this step)
5. Add meat in bite-sized pieces (I usually just tear chunks off and add it from the thawed block). Cook until brown on the outside.
6. Start boiling the water for pasta
7. Add tomato paste, sauce, and 2 cups water. Bring to boil then simmer until thickened
8. Add the pasta noodles to to (now boiling) pot of water. I usually cook them until they are soft. Self-described Italians have told me I'm wrong to cook them past al dente.
9. Add seasonings to the sauce, salt and pepper to taste.
10. Serve and enjoy!

Tips:

Cooking the onion slowly at low heat leads to the best flavor. High heat is faster, but leaves it either bland or a little less savory. Medium heat is a reasonable compromise.