

Grandma Louise's Spaghetti

This sauce has been passed down from my great, great grandmother in Italy. The sauce is very hearty, one quart will mix with 1/2 lb of pasta. One pound will easily feed 6 adults, especially with meatballs.

Spaghetti Sauce

3 lbs hamburger
4 medium onions, VERY finely chopped
5 stalks celery, VERY finely chopped
1 bunch fresh parsley, chopped
½ lb bacon, cut up (optional)
6 cloves garlic, chopped
½ tsp nutmeg
¼ tsp cloves
¼ tsp cinnamon
1 tsp salt
2 tbs sugar
1 cup dry red wine
1 6 oz can tomato paste
2 15 oz cans tomato sauce
2 28 oz cans whole, peeled tomatoes
2 lbs spaghetti noodles

Meatballs

2 lbs hamburger
4 eggs
6 slices dry bread
garlic, salt & pepper to taste

- 1 SAUCE: In a large (8 quart) pan, cook chopped bacon until crisp. Do not drain grease. Scrape the bottom of the pan with a wooden spoon to release drippings. Add hamburger and brown. Again, do not drain grease. Add all of the spices and red wine. Remove from heat and cover. Let stand for 5 minutes.
- 2 Return to the stove, over medium-high heat. Add the celery, onions, parsley and garlic. Cook until the onions are soft and clear (about 20 minutes). Add the whole tomatoes and their juice, one can at a time, then the tomato sauce and tomato paste. After adding each can, allow the sauce to return to a boil before adding the next can.
- 3 Cover and simmer, for 2-3 hours. Stir occasionally and break up whole tomatoes when doing so. Do not stir the last 20 minutes of cooking.
- 4 When sauce is done, remove from heat. Pools of grease will have risen to the surface. Carefully skim all of the grease. Stir and serve with 2 pounds of spaghetti.
- 5 MEATBALLS: Crack eggs into a bowl with raw hamburger. Moisten dry bread slices (if you don't have dry bread, toast them in the oven to dry) with water. Crumble bread into the bowl. Season with salt, garlic and pepper. Mix with your hands and form into 2" balls.
- 6 Place on a cookie sheet and bake at 350° for about 15 minutes, until the meat is thoroughly cooked. Stir the meatballs into the spaghetti sauce for the last hour of cooking.

Servings: 12

Yield: 2 pounds of spaghetti

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

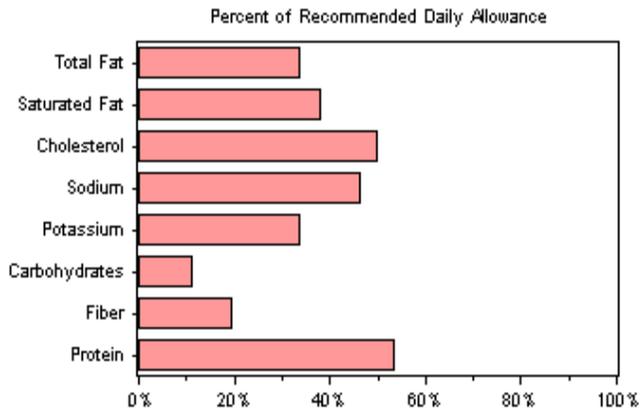
Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

spaghetti noodles

garlic, salt & pepper to taste

Amount Per Serving	
Calories	428.37
Calories From Fat (46%)	197.68
% Daily Value	
Total Fat 21.80g	34%
Saturated Fat 7.57g	38%
Cholesterol 149.40mg	50%
Sodium 1109.17mg	46%
Potassium 1179.90mg	34%
Carbohydrates 33.26g	11%
Dietary Fiber 4.81g	19%



Sugar 12.71g	
Sugar Alcohols 0.00g	
Net Carbohydrates 28.44g	
Protein 26.76g	54%