

# Spaghetti Sauce

- 1lbs (450g) lean beef (Walmart tube)
- 1x can of spaghetti sauce
- 1x can of Diced tomatoes
- 1x Tomato paste (2 if slowcooker)
- Pack of Mushrooms
- 1x large Onion
- 1x Green bell pepper
- Garlic
- Italian seasoning & pepper

## Notes:

- Brown meat and fry Onions first.
- Simmer for 2hr.
- No added salt required. Enough is in the canned stuff.
- Makes 6 bowls with spaghetti, using full pack of spaghetti.
- About 4cm of space left in slow-cooker if more ingredients are desired
- Slowcooker method tends to be runny

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