



# What she put in her sauce; he didn't, but he does now

My stepson often bragged about his wife's spaghetti sauce, but when I saw what went into it I had my doubts.

Mikie did not use Italian tomatoes; I did. She used tomato sauce; I didn't. She used onion salt; I didn't. She used a bay leaf; I didn't. She didn't use basil; I did. She cooked the sauce five hours; I didn't.

But my doubts evaporated after I tasted it. By far, her sauce was superior to mine. She won the spaghetti bragging rights hands down.

Since Mikie prepared the sauce so many times from memory, I had to translate her sprinklings of seasonings into measurements.

I prepared the sauce for my in-laws in Waco.

"You're spaghetti is as good as ever," one of my wife's nephews said. I just smiled.

I prepared it for more in-laws in Houston. It went over big again.

When my wife and I returned home, I fixed a potful with her help for guests. I got the seasonings down fairly accurate, but you may want to adjust the garlic salt and sugar to your taste.

Mikie likes to cook the sauce several hours the night before she serves it. I tried it that way. She likes to add Italian sausage. So do I.

Mikie and I now have something in common: her sauce.

## SPAGHETTI AND MEATBALLS

The sauce:  
2 cans (1 lb. 12 oz.) whole tomatoes  
2 cans (1 lb. 13 oz.) tomato sauce  
¼ tsp. garlic salt  
¼ tsp. sugar  
¼ tsp. onion salt  
¼ tsp. dried oregano leaves  
1 bay leaf

Pour tomatoes into large pot, heat on medium high and break up with potato masher. Stir in tomato sauce, seasonings and bay leaf, let come to boil, reduce to low heat, cover and cook 2½ hours, occasionally stirring. Allow to cool and refrigerate covered overnight. Bring to boil on medium heat, adjust garlic salt and sugar if necessary, reduce heat to low, cover and cook 2½ hours, occasionally stirring.

Spoon sauce over spaghetti or linguine. Serves 10-12.

The meat:  
3 lbs. ground beef  
¼ tsp. dried oregano leaves  
¼ tsp. garlic salt  
¼ cup grated Parmesan cheese  
¼ cup Italian-style bread crumbs  
2 eggs  
1 tsp. olive oil  
1 onion, chopped  
5 garlic cloves, minced  
1 lb. Italian sausage, cut in 3-inch pieces  
1 can (6 oz.) tomato paste

Combine first six ingredients, shape into about 20 meatballs and refrigerate 30 minutes. Heat oil on medium in large skillet, add onion and garlic and brown meatballs, adding onion and garlic to side. Add meatballs with slotted spoon to spaghetti sauce 1 to 1½ hours before it's done. Brown sausage and add to sauce. Drain most of grease, stir in tomato paste, mixing with onion and garlic, cook until bubbly and stir into sauce. When ready to serve, place meat in separate bowl.

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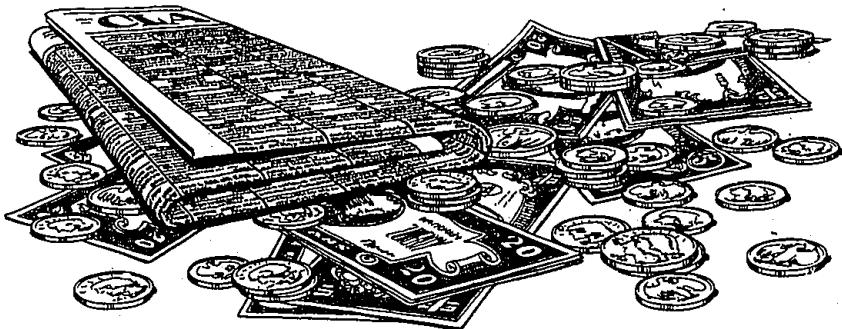
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