

MRS T'S LARGE QUANTITY MULTI PURPOSE TOMATO HAMBURGER SAUCE

*Make a batch of this sauce and keep for a rainy day or when "time is of the essence", like RIGHT NOW!
This comes in handy for a speedy meal! Takes only minutes to prepare!*

In a large saucepan over medium heat, add these ingredients as listed, stirring often:

¼ cup canola oil

3 large onions, chopped

2 pounds of hamburger

Brown until meat is no longer pink. Add:

5 large cloves of garlic, minced

1 tablespoon of Italian seasoning

1 teaspoon ground rosemary

1 teaspoon sage

1 teaspoon celery salt

1 tablespoon beef soup mix

2 teaspoons chili powder

¼ teaspoon freshly grated nutmeg

¼ cup Worcestershire sauce

2 tablespoons brown sugar

3 tablespoons vinegar

1 large 28 fl. oz. can of crushed tomatoes

1 10 oz. can tomato soup

1 cup water, use some to rinse remainder from cans used above,

Salt and pepper to taste.

Heat through until hot! Stir often. Simmer for only a few minutes. Remove from heat.

Tip: While the sauce is heating through, cook enough of your favourite **pasta** for supper or lunch. Divide the sauce in half or use what you need for the meal. Ladle sauce over individual servings of pasta. Sprinkle with parmesan, shredded cheddar or mozzarella cheeses. Serve with a green vegetable or a tossed salad.

Freeze remaining sauce in desired proportions. Keeps well in refrigerator, too, if used in a couple of days.

Tip: This meat sauce is excellent for making **Lasagna**, **Cannelloni** or **Baked Spaghetti**.

Tip: Increase chili powder to the hottest you like, add a can of kidney beans, pork and beans or mixed beans, or all if you wish, and you have a **Chili** sauce to serve, with toast, over mashed potatoes, rice or noodles. Serve with a green vegetable on the side.

Tip: For a "*Twist on an Old Favourite*", use this sauce as the base for an **"Italian Style Shepherd's Pie"**

CANNELLONI CASSEROLE Cook 8 cannelloni shells according to package directions.

Combine the following ingredients for the filling: 1 package of frozen chopped spinach, thawed, drained, cooked 3 minutes in microwave; 2 cups creamy cottage cheese, 1 egg, ¼ teaspoon freshly grated nutmeg, ½ cup grated parmesan cheese, ½ teaspoon salt (this filling is the one I use for Lasagna)

Prepare 2 cups of a white sauce or béchamel sauce (see Sauces section.)

Assemble casserole as follows: Pour ¾ cup tomato beef sauce (above recipe) in the bottom of a prepared 9 x 13 x 3 inch baking dish. Fill cooked cannelloni with cheese filling. Place on top of tomato meat sauce.

Pour white sauce over all, top with 1½ cups more of tomato beef sauce. Sprinkle with ¼ cup parmesan cheese. Bake, uncovered, at 350 degrees for 35 minutes to 40 minutes or until bubbly. Let stand 10 minutes before serving. Makes 6 to 8 servings. Serve with a tossed salad and crusty rolls.

Tip: No cannelloni??? Make crepes (See Breads Section for recipe). Put filling down center of each crepe, fold 2 sides over filling, place fold side up in casserole dish. Proceed as above recipe. Just as delicious!