



SNACC Session #3 with Chef Jacob Siwak

Spaghetti with Homemade Meat Sauce

Spaghetti



Tomato Puree



Basil



Salt & Pepper



Onion



Ground Beef



Parmesan Cheese



Butter



Spinach



Steps:

Homemade Meat Sauce

1. Chop the onions. Pick the stems off of the basil leaves and off of the spinach.
2. Add ground beef into the pot. Sauté beef until it is brown. Remove beef from the pot and place it in a bowl on the side.
3. Using medium heat, melt butter in the pot (swap butter with olive oil for dairy allergy).
4. Add onions to the pot with a lid. Cook for around 5 minutes or until they look clear.
5. Add tomato puree and the ground beef into the pot with the onions.
6. Bring the pot to a simmer, sprinkle in a handful of spinach and add 3 pinches of salt and 1 pinch of pepper.
7. Simmer the sauce on low in the uncovered pot for 30 minutes.

If you would like to eat your meat sauce on top of spaghetti, continue following the steps below!

8. Fill another pot with water and 1-2 tablespoons of salt. Bring water to a boil.
9. Once the water is boiling, carefully add spaghetti into the pot (try not to splash). Set a timer for 8 minutes.
10. When the timer is up, remove a few strands of spaghetti. Run them under cold water and taste them. If the pasta is still hard, cook the pasta for an extra two minutes.
11. Place a colander in the sink. Using oven mitts, pour the pasta into the colander and let the water drain.
12. Place pasta into a bowl and add the sauce. Mix it up and make sure all of the pasta is covered evenly with sauce.
13. Sprinkle parmesan cheese and basil on top of the pasta.
14. Enjoy! 😊

