

# Chunky Freezer Spaghetti Sauce

Step One - Prepare the following Vegetables:

16 oz Chopped Mushrooms  
3 Medium Green Bell Peppers Diced  
2 Medium Onions Diced  
1/4 cup Minced Garlic

Step Two - Combined and brown the following:

2 1/2 lbs Lean Ground Beef  
8 T Italian Seasoning  
4 T Tarragon  
2 T Basil  
2 T Black Pepper  
4 T Sugar



Step Three - Add Vegetables in and cook for 30 minutes stirring every 2 to 5 minutes.

Step Four - Add in the following stirring after each can:

4 - 14.5 oz cans of Stewed Tomatoes  
4 - 14.5 oz cans of Fire Roasted Tomatoes  
8 - 14.5 oz cans of Diced Tomatoes

Step Five - Simmer on Medium heat for 60 minutes stirring every 2 to 5 minutes.

Step Six - Add in the following stirring after each can:

5 - 6 oz cans Tomato Paste  
5 - 6 oz cans Tomato Sauce

Step 7 - Simmer on low for 3 hours stirring every 5 to 10 minutes.

NOTE: Best if it is served 24 hours or more after cooking.

Step 8 - Divide into 8 - 9 quart plastic containers on cooling racks. Allow to cool for 30 minutes. Put the lids on and put in the freezer.

© 2018 Beyond Food Is Art – Beyond Possibilities