

Growing up a staple in our house was pasta. Coming home from school with the smell of pasta sauce and garlic bread meant one of my favorite meals was on the menu for that night. Also due to circumstances of the current world pasta seems to be a staple everyone has in their home, so I wanted to share our recipe for Spaghetti!

A special twist to this meal is growing up (and to this day!) is I don't really like or eat tomatoes so my parents would make a large batch of spaghetti sauce for the family and a small pot of Alfredo sauce for me; and my step-dad who would make his own 'rose' sauce by mixing the two sauces together.

Spaghetti Sauce Ingredients

1 tbsp Olive Oil

Lean Ground Beef

Salt & Pepper – to taste

½ Yellow Onion (approx. ¾ cup)

4-5 Cloves Garlic (we like lots of garlic, feel free to cut back to 2 or 3)

1 Can of Crushed Tomatoes

1 Can of Tomato Paste

1 Can of Mushrooms

½ a Red & Green Bell Pepper each, chopped

Pinch of Basil

Pinch of Parsley

Pinch of Oregano

Pinch of Crushed Red Pepper Flakes

Spaghetti Directions:

Brown the beef: heating 1 Tbsp olive oil in a large deep skillet over medium-high heat. Add in beef, onion, and garlic. Season with salt and let beef brown nicely on bottom.

Stir in cans of tomato and tomato paste, drained mushrooms, chopped red and green bell pepper, basil, oregano, and a pinch of crushed red pepper flakes

Bring sauce up to a light boil and then reduce the heat to low. Let simmer for 15-20 mins.

Alfredo Sauce Ingredients:

½ cup butter

1 ½ cup whipping cream

3 tsp garlic

½ tsp Italian seasoning (or a pinch of basil, parsley, oregano)

½ tsp salt and pepper

2 ½ cups of parmesan or asiago cheese

Alfredo Sauce Directions:

Add the butter and whipping cream to a large pan

Simmer over low heat for a couple of minutes

Whisk in garlic, Italian seasoning (or herbs), salt & pepper and let simmer

Whisk in cheese until melted

Both sauces:

Serve over the pasta noodles of your choice but our favorite was spaghetti noodles with a side of garlic toast and a glass of your favorite red wine.

If you want to get extra fancy put your cooked noodles in a casserole dish and mix in the sauces. Then sprinkle with cheese (a blend of old-style cheddar and parmesan is best) and bake in the oven until the cheese is gooey and a bit crisp!