

Chili Spaghetti Sauce

(Submitted by Karen A. Woods)

- 1½ pounds ground beef (cook to 160°F)
- 1 small onion, chopped OR 1 tsp minced onion (For mild, use as is or for stronger flavor, reconstitute minced onion before adding.)
- 2 cloves garlic, peeled and pressed
- 2 (8 oz) cans tomato sauce
- 1½ cups (12 oz) tomato juice or water
- 1 T (tablespoon) flour
- 1 t (teaspoon) salt
- 1 t (teaspoon) chili powder
- 1 t (teaspoon) oregano
- ½ t (teaspoon) paprika
- ½ t (teaspoon) cumin
- ¼ t (teaspoon) black pepper
- 1 bay leaf
- 1 (6 oz) can mushrooms



Brown beef with onions and garlic. Add remaining ingredients. Mix and simmer gently (about 20 minutes). Add more liquid if needed. May be halved or doubled.