



*Perfect recipe
for collective kitchens*

Spaghetti Sauce



To calculate the amount needed for each ingredient:

Amount of the basic recipe X Number of recipes = Total Amount

MAKES (FOR THE BASIC RECIPE): 5 L

PREPARATION TIME: 40 MIN

COOKING TIME: 3 H 15 MIN

Preparation

- In a large saucepan over medium-high heat, brown the meat in 30 ml (2 tbsp.) of the oil, half at a time, with the red pepper flakes. Add oil, if needed. Season with salt and pepper. Set aside in a bowl.
- In the same saucepan, soften the onions, carrots, celery, and garlic in the remaining oil. Season with salt and pepper. Add the tomato paste and cook for 1 minute over high heat, stirring.
- Add the meat, tomatoes, tomato sauce, broth, oregano, and cloves. Bring to a boil and simmer gently, stirring and scraping the bottom of the pan regularly, for about 3 hours or until the sauce thickens. Serve over the pasta of your choice.

Source: [Ricardo Cuisine](#)

Ingredient	Amount	Number of recipes	Total amount
Sweet or spicy Italian sausage, casing removed	675 g (1 ½ lb)		
Ground beef	675 g (1 ½ lb)		
Olive oil	60 ml (¼ cup)		
Crushed red pepper flakes	1 ml (¼ tsp.)		
Onions, finely chopped	3		
Carrots, peeled and diced	4		
Celery stalks, diced	4		
Garlic cloves, finely chopped	4		
Tomato paste (156 ml can)	1		
Diced Italian tomatoes (796 ml cans)	2		
Tomato sauce or crushed tomatoes with purée (796 ml cans)	2		
Beef broth	500 ml (2 cups)		
Dried oregano	10 ml (2 tsp.)		
Cloves	2		

