

Spaghetti Sauce – Annabel Taylor

Oil if needed

1 large onion

450 g lean ground beef

2 Tbsp flour

1 large can tomatoes

1 tsp salt

½ tsp pepper

1 Tbsp Worcestershire sauce

1 can tomato sauce

dash Tabasco sauce

1 can mushrooms

1 small can tomato paste

½ tsp garlic salt

1 Tbsp sugar

1. Sauté onion and beef in oil

2. Blend in flour

3. Add remaining ingredients

4. Simmer 2 hours, stirring occasionally or put in crock pot on low for a few hours.