

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
 $\frac{1}{2}$ tsp pepper
1 Tbsp Worcestershire sauce
1 can tomato sauce
dash Tabasco sauce
1 can mushrooms
1 small can tomato paste
 $\frac{1}{2}$ 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.