

Tomato Sauce with Pasta

This sauce could easily be vegetarian if you prepare it without the meat. Substitute regular spaghetti or any other pasta you like. All the vegetables should be finely diced.

Ingredients

Makes 6 servings if you add more pasta

½ lb ground pork sausage
1 14 ½ (411g) can of stewed and sliced tomatoes
2 14 ½ (425g) cans tomato sauce
5 ounces (140g) canned tomato paste
2 garlic clove, minced
1 medium red onion, finely diced
2 stacks of celery, chopped finely
1 large carrot, finely chopped
3 small or ½ sweet red or orange pepper, finely chopped
2 TBS olive oil
2 TBS Italian seasoning
¼ tsp brown sugar
½ tsp or more salt
½ or more freshly ground pepper
3 fresh Basil leaves, chopped
2 dried bay leaves
a pinch of chilly flakes
½ cup or more of pasta water

1 lb pasta
freshly grated parmesan cheese

Directions

Heat the olive oil and once the oil is hot break up small chunks of the pork and add them to the pan without stirring. Wait a couple of minutes for the meat to brown and turn it around. Add all the vegetables and sauté for several minutes. Add the tomatoes with juice and tomato sauce . Add the tomato paste and mix together. Stir in herbs, sugar and bay leaves. Season to taste with salt and pepper. Bring the sauce to a simmer and cook for 20 minutes, covered, stirring occasionally.

Cook the pasta according to the package instructions in salted water and drain into a colander saving some of the pasta water for the sauce.

Thin out the sauce with some of the pasta water, remove the bay leaves . Serve the sauce on top of the pasta sprinkled with Parmesan cheese.

Guten Appetit

loosely adapted from a [food.com](#) recipe
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