DAD’S BASIC SPAGHETTI SAUCE

**Phase One – Prepare Crockpot – Seasoning Layer.**

1. Ingredients

* 1 tsp Garlic powder
* 1 tsp Garlic Salt
* Minced garlic in two ¼ tsp measures
* 4-5 Bay leaves
* 2 tsp oregano (flakes or crushed)

1. Directions

Sprinkle garlic powder, garlic salt, and oregano evenly over bottom of crock pot. Place two ¼ tsps. of minced garlic well apart on bottom. Evenly distribute Bay leaves on bottom, over the above.

**Phase Two – Italian Sausage Layer.**

1. Ingredients

* About 1 lb. of any type of uncooked Italian sausage (sweet, spicy, etc.), usually loose or in patties. If you use linked sausages, you must remove the skin first (unless you plan to slice and make layer of slices – not recommended).

1. Directions

* Create a layer of sausage about ½ to 1 inch thick across the entire bottom of the pot, on top of the seasoning layer. Knead it down onto the seasoning layer.

**Phase Three – Veggie Layer**

1. Ingredients (AKA Veggies and Other Obstacles)

* The first four ingredients are considered mandatory.
  + Shredded carrots – Add an entire bag, or if you shred your own, at least a 1.5 cups -enough to make a ½ inch layer on top of sausage
  + Sliced onions – One fourth to one third of a large white onion, thin sliced about 1 to 1.5” long, ¼” thick
  + Celery - 1 to 2 stalks sliced into thin pieces
  + Green Pepper – About ¼ to ½ of a pepper, sliced thin and cut into pieces 1 to 1.5” long.
* Optional Ingredients, to taste:
  + Sliced black olives – 1 to 2 small cans
  + Mushrooms – sliced about 1/8-inch-thick – half cup or less
  + Tomatoes – either a quarter cup of small cherry or sundried tomatoes, or a half cup of stewed (eliminate a can of tomato paste if you use stewed)

1. Directions

* Create a veggie layer by evenly distributing above on top of sausage layer. Then:
  + Sprinkle 1 to 1.5 TSP of Oregano over entire veggie layer
  + Sprinkle ½ cup of BROWN SUGAR over top of the entire veggie layer.

**Phase Four – Sauce Layer**

1. Ingredients

* Two 6 oz cans of tomato paste
* Two 14-16 oz. bottles of commercial spaghetti sauce (sizes are approximate) your choice of kind, ingredients, etc.)

1. Directions

Empty tomato paste and spaghetti sauce directly onto veggie layer. DO NOT STIR.

Add any other spices (eg. More oregano or garlic if you want) Cover Crockpot.

**Phase Five – Cooking Instructions**

Cook **without stirring** for one hour. Then, using the edge of a flat tool like a spatula, push all the way to the bottom repeatedly, so that you cut the sausage up into pieces. Break big pieces into smaller ones. NOW stir the entire pot thoroughly, breaking up pieces of sausage. Cover and cook on high for another hour to assure meat is cooked. Stir occasionally. Taste and season to preference. It can be eaten at this point. I usually let it simmer on low for another hour with occasional stirring.

