

ITALIAN SPAGHETTI

Pictured on the opposite page.

- 2 pounds ground beef
1 medium onion, finely chopped
(about $\frac{1}{2}$ cup)
1 green pepper, finely chopped
2 cans (15 ounces each) tomato sauce
2 cans (12 ounces each) tomato paste
1 can (7 $\frac{1}{2}$ ounces) pitted ripe olives,
drained and sliced
2 envelopes (1 $\frac{1}{2}$ ounces each) Italian-
style spaghetti sauce mix with
mushrooms
3 cups water
1 tablespoon sugar
1 teaspoon oregano leaves
2 cloves garlic, crushed
1 bay leaf, crumbled
16 ounces Italian-style spaghetti
Grated Parmesan cheese

Cook and stir ground beef, onion and green pepper until meat is brown and onion is tender. Stir in remaining ingredients except spaghetti and cheese. Cover; simmer 1 $\frac{1}{2}$ hours, stirring sauce occasionally.

Cook spaghetti as directed on page 224. Serve meat sauce over hot spaghetti; pass Parmesan cheese.

8 SERVINGS.

VARIATION

■ *Spaghetti with Meatballs:* Omit ground beef; stirring occasionally, cook remaining ingredients except spaghetti and Parmesan cheese for 1 hour. While sauce cooks, prepare Meatballs (below); add to sauce and cook 30 minutes longer.

MEATBALLS

- 1 $\frac{1}{2}$ pounds ground beef
1 medium onion, chopped (about $\frac{1}{2}$ cup)
 $\frac{3}{4}$ cup dry bread crumbs
1 tablespoon snipped parsley
1 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon Worcestershire sauce
1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup salad oil

Mix all ingredients except salad oil. Shape rounded tablespoonfuls into balls. In large skillet, cook meatballs in oil about 20 min-