

**MENU 1**

**SPAGHETTI  
with  
MEATBALLS -- or -- MEAT SAUCE**

**For Meat Sauce:** Brown one pound of hamburger in skillet over medium heat with one small onion (that has been chopped).

**For Meatballs:** Mix one pound of hamburger, with one beaten egg, then add cracker crumbs until you can make a pattie that holds together. Brown the meatballs in a very little oil over medium heat until they are brown on all sides. It is important to cook them slowly so that they are done all the way through without being too done on the outside.

**For Spaghetti Sauce:** Use a package of spaghetti sauce mix (follow directions)

or

Use your own special concoction

or

Use Spaghetti Sauce Recipe (Miscellaneous Section)

or

Mix together in a saucepan:

1 8-ounce can of tomato sauce  
2 No. 303 cans of tomatoes  
1 t. salt  
1/4 t. pepper  
1 t. Worcestershire sauce

Cover saucepan with lid and simmer 40 minutes, stirring occasionally. Uncover, add browned meat and onion mixture (for meat sauce) or meatballs, and simmer 15 minutes more.

**For spaghetti:** In Dutch oven (large pan), put 6 cups of water and 2 t. salt. Heat until it is rapidly boiling. For each serving, get a bunch of spaghetti the size of a nickel. Place one end of the bunch into the rapidly boiling water. As spaghetti softens, gradually coil around in the pan until the strands are submerged. Bring back to a rapid boil. Cook, stirring constantly for 3 minutes. Cover with tight fitting lid, remove from heat and let stand 10 minutes. Rinse with hot water, then drain. It's ready to serve.

To complete the meal, serve: Tossed Salad (see Recipe 24)  
Hot Garlic-Buttered Bread (see Recipe 13)