

Grandma's Spaghetti Sauce with Beef Stew

1 ½ TBS Butter

Oil (enough for skillet for searing and bottom of large oven roasting pan)

1 stalk Celery - chopped

1 medium Onion – chopped

Fresh Garlic – use press or mash

Salt & pepper

1 TBS Parsley

½ tsp Oregano

½ tsp Sage

½ tsp All Spice

¼ tsp Basil

½ tsp Sugar

Few shakes of Red Pepper flakes (optional)

2 cans Tomato Sauce (8 oz)

1 Cn Tomato Paste (6 oz)

2 - 3 cans of water (8 oz)

2 packages Beef Stew (2 lbs)

Saute celery, onion, and garlic in butter in a skillet on medium for 5 minutes. Remove and add to oiled roasting pan. Sear beef stew in 1 tablespoons of oil for two to three minutes per side in the skillet on high. Remove and add seared beef stew to oiled roasting pan with vegetables. Add paste, sauce, spices, sugar and water. Bake at 200 degrees for 3 to 4 hours or until beef is soft.

Makes enough for 6

Northern Italian inspired sauce.