

GRANDMA MOLLY MEAT SAUCE

To be honest, this isn't exactly the way Grandma Molly made it, nor how my Dad, Dan taught me to make it, but it's my take with the foundation that they gave me. It's the first thing I learned how to cook well, and over the years I've put my own spin on it. Now, when I put my apron on to "make sauce" with my girls, and most recently my sister Natalie, I always think of Grandma Molly, my Dad, and how much we enjoyed Spaghetti Dinner night.

Meat Sauce- makes about 12 servings

1 lb. of sausage (I like Hemplers Italian Pork Sausage or Trader Joes Sweet Italian Chicken Sausage or mix both)

2 cups of celery including the leafy pieces- the leafy parts give the best flavor

1 large sweet onion chopped

4-6 cans of stewed tomatoes (4 if you use wine, 6 if you don't)

1 small can of tomato paste

2 cloves of crushed fresh Garlic or 2 Table Spoons of dried Garlic

1/2 cup Italian Seasoning (I love the Market Spice Spaghetti Seasoning)

1 teaspoon of crushed red pepper

1/4 cup sugar

1 cup of cream or half and half or whole milk

1/2 cup milk (if you want to lighten the sauce, you can use 1 cup milk and eliminate the cream/ half and half)

Optional - 1 Bottle of a Red wine blend (don't use crappy red wine) I like Manage a Tois Red Blend, if you want a richer flavor use a Cabernet Coppela is a good one)

Olive Oil

5 Tbs of Butter

Salt and Pepper



Directions:

Add Butter large Dutch oven or large pan
Add onions & celery

Lightly Salt Veggies & Sautee until slightly browned and onions start to get translucent



Once browned add sausage- Break into small pieces until meat is browned (doesn't have to be 100% cooked) If using chicken sausage, you'll want to add a little olive oil to keep it from sticking.



Push veggie/ meat mixture to the outside to make a hole in the middle of the pan
Add olive oil in the hole
Add tomato paste



Let the paste fry in the olive oil and when it starts to bubble, mix with meat and veggie mixture until evenly distributed



Stir in Cream/ Milk and let simmer for 10-15 minutes





If using wine, add the whole bottle and simmer for 30 minutes over medium heat. Again, do not use crummy wine, it will ruin your sauce.

If not using wine, skip 30 minute simmer



Moisture should reduce by about 25% as you can see in the photo

If not using wine, skip 30 minute simmer



Stir in tomatoes (Crush up any large chunks) all remaining seasonings.

If you prefer a smoother consistency or want to hide the veggies from your kids, use a hand blender to break up the chunks.

Stir and reduce heat to the lowest setting on the burner and simmer for 1.5-2 hours uncovered.

You may be tempted to stir the sauce, but unless it seems like it is burning, this is the tip to great sauce. A little brown on the bottom actually helps.



Let cool for at least 1 hour (will thicken more)

Divide into zip lock baggies with serving size for your family. I find this recipe yields 3-4 family servings.

Tip: I use a ladle to create the serving size i.e. my husband gets 2 ladles, my older daughter & I get 1.5 ladles and my youngest daughter gets 1 ladle total: 6 ladles for my family serving.

Freeze flat in the bags- this will make thawing go much quicker