

# 15 MINUTE SPAGHETTI SAUCE

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## Ingredients:

- 1 Large Onion Chopped
- 2 Garlic Cloves grated
- Lard (olive oil/butter)
- 1 Tsp Red Pepper Flakes
- 1 Can Tomato Paste 6oz
- 2 Jars/Cans of Tomato Sauce
- 1 Tsp each of Basil and Oregano
- 1 Jar Tomato Juice (Optional)
- Green Pepper (Optional)
- S&P



## Directions:

1. Saute onions & garlic (green pepper if using) in Lard (or butter/olive oil)
2. Add 1 Tsp red pepper flakes until fragrant
3. Spoon in the tomato paste and stir for one minute
4. Pour in the tomato sauce & tomato juice
5. Bring to a boil & simmer
6. Using immersion blender, blend until creamy.
7. Add S&P and enjoy!

