

Tasty Spaghetti Sauce

October 2012

Ingredients:

- Vegetable oil.
- 2 ½ large tomatoes.
- 1 Onion.
- 1 stick of Celery with leaves.
- Yellow and green bell peppers.
- 1 clove of garlic, peeled and crushed.
- Italian seasoning, Black Pepper.
- Bovril.
- Tomato paste.

Chop and dice vegetables.

In a large pot, add a little oil and brown onions.

Add vegetables, garlic, Italian seasoning and black pepper. Stew in pot with lid on for 30 mins.

To reduce, remove lid and add a dash of Bovril, tomato paste and previously cooked meatballs and cook for another 20-25 mins.

Enjoy!