

SPAGHETTI SAUCE (義大利麵肉醬)

(YIELD: 8 SERVINGS)

INGREDIENTS

1. ground beef (pork or even turkey will work just as well) 300g
2. onion 1
3. bell pepper (green one) 1
4. garlic 1 clove
5. whole tomato 1 can (\geq 400g)
6. tomato puree ~ 1 cup
7. chicken broth cubes 2
8. bay leaf 1
9. olive oil 2 tablespoon
10. butter 1 tablespoon
11. red wine 1/2 cup
12. flour 2 tablespoon
13. salt, pepper and oregano to taste at the end.

Note: Okay, I have to admit, this looks complicated and you are ready to give up. But wait! Once you have this done, you can freeze it for as long as 3 weeks. What a convenient way to enjoy a day off in the kitchen, huh? So, read on...

PREPARATION

1. Dice onion, bell pepper, and garlic. Add the broth cubes into 2 cups of hot water.
2. Heat the pot (I recommend non-stick pot) with 2 tablespoon of olive oil, sauté the garlic, onion and bell pepper until they are softened.
3. Add a tablespoon of butter and ground beef, completely cook the meat. Add 1/2 cup of red wine and bring it to a boil. Add 2 tablespoons flour, stir quickly.
4. Add whole tomato (I recommend you cut the tomato into pieces on a cutting board before putting it into the pot or use scissors to cut it into pieces while it is already in the pot) and tomato puree. Add the broth and bay leaf, then turn the heat to medium low or low (depends on how strong your stove is).
5. Stir frequently; simmer it for about 25-30 minutes. Then add salt, pepper, oregano. Simmer it for another 10-15 minutes. And bam... it's done! Congratulations for being able to make this sauce. You will never starve again...