



WMPC'S SPAGHETTI SAUCE

Ingredients

Ground beef

Diced onion

Garlic powder / or minced garlic

Italian seasoning

Salt/Pepper

Diced tomatoes

Your favorite jar spaghetti sauce (we use a specific brand through US Foods)

Water

You can make various substitutions:

Replace ground beef with ground turkey or sausage etc

You can use a variety of vegetables to replace the meat option or even add them to your sauce for extra nutrients and flavor

