

## TASTE OF TRUMAN

with Laura Seaman



Tired of microwaveable pizzas and boxes of mac and cheese? Do you wish you could make delicious and easy home-cooked meals but don't know where to start? You're in luck. As a student, I understand how busy your schedule can be, and I'm here to serve as your guide to a better culinary experience. In Taste of Truman, I'll provide you with simple and low-cost recipes that will taste great and impress.

# Simple spaghetti recipe sure to please

BY LAURA SEAMAN  
TMN Reporter

If early winter nights have you craving a pasta dish made with a little more care than something you dump out of a can, this easy spaghetti recipe is a good place to start.

There aren't too many ingredients, but you will need at least an hour and a half to make it. Not to worry — one hour of that time is spent stirring the sauce, and when you are finished you will have an incredible pasta that will impress your dinner guests.

Just make sure your evening is open — otherwise you might not have time to eat the delicious food you just made.

The size of this recipe is bigger than a one-person serving, so unless you are serving this to friends, be prepared to have a lot of leftovers. It is a great leftover dish, though, and tastes just as good days later as long as you

refrigerate it, making your time well spent.

This is not a vegetarian recipe, but it easily can be turned into one by removing the beef. The sauce still will be good without it.

A common side for spaghetti is garlic bread, but pasta is pretty filling by itself, so you'll have a nice hearty meal with this dish alone.

If you want more than just noodles, a healthier addition to this meal would be your favorite salad. Pretty much any type pairs splendidly with pasta. So choose your favorite greens, be it iceberg, spinach or something different, your favorite dressing and a little Parmesan cheese on top for a great finish to an already great meal. This is a classic meal for a romantic date, but it's also a good choice for a cold night when you need something warm to chow down. No matter the occasion, this is a recipe I have loved for a very long time, and I'm sure you will, too.

### Ingredients:

- 1 lb. of ground beef
- 8 oz. tomato sauce
- 6 oz. tomato paste
- 1 tbsp. sweet basil
- Salt and pepper to taste
- About 5 oz. spaghetti noodles
- 2 oz. water

### Instructions:

- 1) Start by browning the meat, sprinkling salt and pepper onto it as you go.
- 2) Once the meat is finished, put it in a large pot along with the tomato sauce and tomato paste.
- 3) Add some flavor with some more salt, pepper and the sweet basil.
- 4) Add about 2 oz. of water to the sauce.
- 5) Let the sauce come to a slow boil and leave it that way for about 5 minutes.
- 6) Stir thoroughly, then lower the heat and let it simmer for about an hour, stirring every 10 minutes or so.
- 7) Toward the end of the hour, start cooking your noodles so they will be ready when the sauce is done. Noodles take about 10-15 minutes in boiling water, depending on how soft you would like them. Strain the noodles when finished.
- 8) Let the sauce cool a bit before serving.



Laura Seaman/TMN

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