

## **Food for the Body, Food for the Soul**

### *Family Favorite Recipes from the St. Lad's Faith Community*

*Our Dear Heavenly Father, we thank You for this food.  
Feed our souls on the bread of life and  
help us to do our part in kind words and loving deeds.  
We ask in Jesus' name. Amen.*

#### **Grandma Jennie's Spaghetti Sauce**

From the kitchen of Sr. Johnica

*I think I have deciphered Gram's recipe for the meat balls. I am still trying to figure out her sauce because she has no instructions written. It took me a few batches to get it close!*

1 medium onion, chopped  
5 cloves garlic, chopped  
1 8 oz. can tomato paste and 2 cans water  
4 - 6 T. olive oil  
1 pinch sugar

Stir ingredients into a large sauce pot over medium heat until onions become transparent (don't burn garlic). Should be about 5 minutes.

Add in:

2 28 oz. cans of tomato sauce and 2 - 2.5 cans water  
T. salt and pepper  
T. parsley  
T. basil

Bring to a boil and simmer for 2 - 3 hours. Enjoy!