

## *Mamoo's Spaghetti with Home Cooked Sauce*

*by J. D. Moss*

There was this exciting anticipation every Sunday as the last hymn was sung at the Baptist church I attended in Belton, Texas with my family. It wasn't because I was bored with church - I loved going to church. It was a literal hunger inside of me and the knowledge that when we went to my grandparents house, only a few blocks away, there would be a large pot of her spaghetti waiting for me.

My emotional filled memory has the spaghetti cooking on her stove every Sunday, though I know that is not the case. She did make it quite often and she made it for me because she knew how much I loved it. I suppose that time has reshaped my memory and made this event a little more special then it was, yet that is not to say there isn't some truth left in what I recall. I can still see the love in her eyes as she served me my plate, there was no doubt she truly enjoyed cooking my favorite food and seeing the smile on my face as I ate.

As the years past and my grandmother's health declined, so did the quality of her spaghetti. This did not stop me from eating it and letting her know how much I loved it. I didn't mind because even though the sauce was a little watery and it had a bland taste, she still took joy in making it. For me that is what eating at the family table is all about, the joy we take in the simplest pleasures of life and in each other.



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what  
makes it  
great!

5 Tablespoon of Olive oil  
2 lg. white onions, peeled  
2 cloves garlic (finely chopped)  
2 (6 oz.) cans tomato paste  
1 (28 oz.) can diced tomatoes  
1 Tablespoon oregano  
1 Tablespoon parsley flakes  
1 teaspoon salt  
1/2 teaspoon sweet basil  
1/2 teaspoon thyme  
1 bay leaf  
2 teaspoon sugar  
1 teaspoon lemon  
1 (15 oz.) can tomato sauce  
1 lb. hamburger  
1/2 stick of Butter

The last ingredient is not one my grandmother used, but something I add it to give the sauce a little bit of a Texas kick!

1/2 teaspoon of Cayenne

## *It's all about the sauce!*

Every great spaghetti starts with a great sauce!

Take a large saucepan and put in the olive oil, garlic, and onions. Saute on medium heat until the onions start to caramelize, this will give the sauce a little bit of a sweet taste.

Add the tomato paste and place the heat on high. It is important to keep stirring the paste until it becomes a brownish red color. Then add the diced tomatoes, oregano, parsley, salt, basil, thyme, sugar, lemon, and bay leaf.

Once you have allowed all these ingredients to cook together for a few minutes, add the tomato sauce and reduce the heat to medium. Then add the butter, stirring until it has melted into the sauce.

Cook the hamburger and when it is done, drain off the grease and add it to the sauce.

Let the sauce cook from two to four hours if you can wait that long and serve over your favorite pasta.

## **Cooking tip!**

Use a non metal spoon when cooking any food that has tomatoes because metal can affect the taste of the sauce.