



Spaghetti

Serves 3 to 4

300 gm lean ground beef
½ small onion chopped
2 mushrooms sliced
1 stalk celery
¼ red or green pepper
2 ml minced garlic
250 ml tomato sauce
1 ml Worcestershire sauce
125 ml beef broth
Parmesan cheese

2 ml oregano
1 ml basil
1 ml thyme
1 bay leaf
salt and pepper to taste

Equipment

Large pot
Frying pan
Wooden spoon
Cutting mat
Knives
Colander
Cooling rack
Tongs
Custard cup

1. **PASTA WATER**-Fill a large pot 2/3 full with cold water. Place on large burner on high heat with lid on. Bring water to a boil. Place pasta in boiling water and cook with **lid OFF** until the pasta is soft- about 15 minutes.



2. Measure herbs into a custard cup.



3. Wash and chop all vegetables on a cutting mat.

4. Heat frying pan on medium high heat- #5.



5. Place meat in frying pan and break up ground beef into small pieces using a wooden spoon. Cook beef until no pink is showing.

6. Add chopped vegetables and cook until the vegetables are soft- turn down heat if necessary.



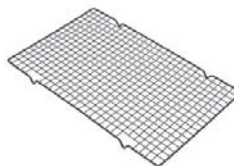
7. Add tomato sauce, worcestershire sauce, beef broth and herbs. Stir well. Heat until boiling.

8. Turn down heat to low- **SIMMER** until pasta is ready- check pasta by tasting a noodle.



9. **CALL MRS. SNOW WHEN YOUR GROUP IS READY TO DRAIN PASTA**

10. **Drain pasta** – place a colander into your sink. **Put on oven mitts**. Have all students in your kitchen **freeze** and move out of the way. Very carefully carry the pasta pot to the sink and slowly drain the water and pasta into the colander.



11. Divide the noodles onto plates or clamshell containers. Spoon sauce over noodles. Lightly sprinkle with Parmesan cheese. Close clamshell lids and place on your tables.