



Pasta with Meat Sauce

Ingredients:

1 lb pasta of choice, we used Spaghetti Rigati
4–5 cups leftover crockpot spaghetti sauce
1 lb ground beef
1/2 lb (or 2 links) sweet Italian sausage, casing removed
1/8 cup grated parmesan cheese
1.5 tbsp Italian seasoning
2 tsp salt
1 tsp each, black pepper and garlic powder
2 tbsp olive oil
2 tbsp butter
parmesan cheese, for serving

Directions

Bring a large pot of salted water to a boil, and cook pasta according to package directions.

In a medium pot, add [spaghetti sauce](#), and simmer over low heat while spaghetti cooks and you cook the meat.

In a large pot, over medium–high heat, add olive oil and heat until shimmering. Add ground beef and sausage and season with Italian seasoning, salt, black pepper and garlic powder.

At this point, if you wanted to sneak in some vegetables to your meat sauce, now would be the time. The combination of veggies that I have found work best for sneaking into meals is: 1 zucchini, skin removed, 1/2 yellow onion, 1 clove garlic, 1/2 green bell pepper – puree these vegetables in a food processor until a smooth paste, and add with meats.

Cook, breaking up ground beef and sausage, and stirring occasionally until meat is cooked – about 10–12 minutes. Carefully drain extra fat, and add simmering [spaghetti sauce](#) to meats and stir to combine. Simmer on low for 20 minutes while you wait for water to boil, and pasta to cook.

When pasta is done cooking, drain in a colander, and return the pot that you used to cook pasta in to the stove over **low heat**. Add 2 tbsp butter and allow to melt – it will happen quickly. Return pasta to pot, and using tongs, toss in melted butter. After tossing pasta in melted butter, add **1 cup of cooked meat sauce to pasta** and toss again with tongs. Remove from heat.

We usually serve pasta family style, but dumping the pot of sauce covered pasta into a big bowl, and serving the sauce on the side in a gravy boat with some grated parmesan cheese. Swirl some spaghetti on your fork, and enjoy!