

# Spaghetti Sauce with Meat

Yield: Makes about nine pint jars or five quart jars

30 lbs tomatoes

5 cloves garlic, minced

1 cup chopped celery or green peppers

4-1/2 tsp salt

4 tbsp minced parsley

1/4 cup brown sugar

2-1/2 lbs ground beef or sausage

1 cup chopped onions

1 lb fresh mushrooms, sliced (optional)

2 tbsp oregano

2 tsp black pepper

1. Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes.
2. Boil 20 minutes, uncovered, in large saucepan. Put through food mill or sieve.
3. Sauté beef or sausage until brown. Add garlic, onion, celery or green pepper and mushrooms, if desired. Cook until vegetables are tender.
4. Combine with tomato pulp in large saucepan. Add spices, salt, and sugar. Bring to a boil. Simmer, uncovered, until thick enough for serving. The volume will have been reduced by nearly one-half. Stir frequently to avoid burning.
5. Fill hot jars, leaving 1-inch headspace. Wipe rims with a paper towel dampened with vinegar.
6. Adjust lids and process in a pressure canner: pints 60 minutes, quarts 70 minutes

Weighted gauge: 10 lbs at 0-1000', 15 lbs above 1000'

Dial gauge: 11 lbs at 0-2000', 12 lbs at 2001-4000', 13 lbs at 4001-6000', 14 lbs at 6001-8000'

Source: *National Center for Home Food Preservation, 2017*



This recipe requires a pressure canner



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Agriculture and Natural Resources

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