Wheat Meat Spaghetti Sauce

Ingredients:

2 cups Basic Seasoned Wheat Meat

1 Jar Marinara Sauce - approx. 2 lbs or more (Kirklands or White Linen are the best)

½ can of Tomato Paste

1 15 oz can of diced tomato’s (or stewed cut up)

1 15 oz can of tomato sauce

½ TBL oregano

½ TBL basil

½ tsp rosemary

½ tsp fennel

1 bay leaf

Salt and Pepper to taste

Steps

1. Put all ingredients in large 12” sauté pan
2. Stir to integrate the paste
3. Bring to a heavy boil
4. Turn down and let simmer for 20 minutes
5. Pour over your favorite pasta.