**Spaghetti with Meat Sauce**

Serves 2-3

**Ingredients**

Spaghetti for 2-3 1 clove garlic

150g ground beef 5ml oregano

5ml oil 5ml basil

200ml tomato sauce 1 bay leaf

200ml diced tomatoes Salt and pepper to taste

½ chopped onion 1ml Worchester sauce

**Method:**

1. Bring a large pot of salted water to a boil.
2. Add spaghetti and cook for 8-9 minutes, stirring occasionally until pasta is al dente, drain.
3. In a medium pot, sauté (add oil) chopped onion and minced garlic until soft, not brown.
4. Add ground beef to medium pot. Cook until no longer pink.
5. Add all remaining ingredients.
6. Simmer sauce with lid on for as long as possible until spaghetti is ready.
7. Remove bay leaf and serve over spaghetti.

