**Spaghetti sauce recipe for Pasta Pump Up**

For those making spaghetti sauce, please bring it to the church in a crock pot, thanks!

1½ lbs Ground Sirloin

1 lb Neese's Mild country Sausage

1 large onion chopped

1 bell pepper chopped

4 cans Hunt's Tomato Sauce (14 -16 oz. size)

1 cans Hunt's tomato paste (12 oz. size)

2 tablespoons each of Italian Seasoning and Sugar

½ teaspoon each of salt and pepper

6 Bay leaves

Brown sirloin and sausage: drain all drippings except for 2 tablespoons. Sauté onion and pepper in drippings. Add other ingredients and simmer for an hour. Best when made at least 24 hours in advance. Remove bay leaves at end of cooking time.