

Fusilli with Meat Sauce

I love fusilli, maybe because of its shape, “traps” better and more sauce. I am sorry if you do not have Trader Joe’s nearby...because some of the ingredients is from Trader Joe’s, but you can always substitute.

Ingredients:

1 lb of lean ground beef
2 tablespoon olive oil
3 cloves garlic finely chopped
1 large onion chopped
1 can of Hunts tomatoes paste (6 oz)
 $\frac{1}{2}$ teaspoon sugar
salt and pepper to taste
1 teaspoon pasta seasoning blend (Trader Joe’s)

1 lb fusilli pasta (Trader Joe’s)

Parmesan cheese
Dry parsley

Method:

In a pan, heat the oil and add the garlic and onion, let it brown. Add the ground beef and cook until done. Add the tomato paste and 12 oz of water (use the can to measure), salt, pepper, seasoning blend and sugar. Simmer until the liquid is evaporated. Longer you simmer more flavorful the sauce will be, so don’t rush.



In the meantime, cook the fusilli as instructed in the package. I added some rock salt just before adding the pasta. I learned that it should keep the water “hotter”.

Serve the sauce on the fusilli and garnish with grated parmesan and dry parsley.





Did you know that fusilli in Italian means “little spindles”? And it is known as well as “twisted spaghetti”?

Thank you for stopping by Simple Recipes and have a great week!