MYSTERY RECIPE CHALLENGE

WEEK 2

*The mystery recipe has 10 ingredients, so you will be sent 2 every week.*

*If you plan to make the recipe, do try to gather the ingredients each week so you are READY!!*

***Ingredients from Week 1***

**#1: EVOO= extra virgin olive oil**

**#2: one medium size yellow onion**

**WEEK 2**

 **#3 Ground meat.**  I love bison as it is exceptionally healthy, like salmon it is full of good fat. But ground beef, ground chicken or even Italian sausage will work

#4  **Tomato/Pasta Sauce.** My favorite store- bought is RAO but any will do. You will need a large jar. Or of course you can make your own. Here is an easy sauce we made for our lasagna list year:

1. Heat 2 TBLS EVOO. Add 3 large finely chopped garlic cloves and 1 tsp dry oregano.
2. Cook stirring for a minute.
3. Add 1, 6 oz can tomato paste. Cook 3 minutes or so
4. Add 2 tomato paste cans of water stir until smooth.
5. Add 1, 28oz can crushed tomatoes, 1 tps salt and basil

SIMMER FOR 5 OR MORE MINUTES

**You can email Coach K with your guesses!! It is NOT lasagna!!**

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**ENJOY THE WAIT.**