 Quick Spaghetti

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| 1 pound ground beef | ½ cup chopped onion |
| 1 18-ounce can (2-1/3 cups) tomato juice | 1 8-ounce can tomato sauce |
| ½ tsp. sugar | ½ tsp. dried oregano leaves, crushed |
| ½ tsp. salt |
| ¼ tsp. garlic powder | 1 bay leaf |
| A few drops bottled hot pepper sauce | ½ 7-ounce package spaghetti, uncooked |

In large saucepan brown beef with onion. Drain off fat. Add tomato juice, tomato sauce, sugar, salt, oregano, garlic powder, hot pepper sauce & bay leaf. Bring to boiling; add uncooked spaghetti. Cover; simmer 25 minutes, stirring often. Remove bay leaf. Pass Parmesan cheese, if desired. Serves 5 or 6.