Manny’s Manly Meat Sauce

Recipe Courtesy Rachael Ray

Ingredients

* 1 tablespoon extra-virgin olive oil
* ½ teaspoon crushed red pepper flakes
* ½ pound ground sirloin (90 percent lean ground beef)
* 1 small onion, chopped
* 4 cloves garlic, crushed under the flat of your knife with the heal if your hand
* 1 /2 teaspoon allspice, a sprinkle or 2 pinches (secret ingredient)
* Coarse salt and black pepper
* 3 /4 cup beef broth or stock
* 1 (28 to 32 ounce) can crushed tomatoes, see cook's notes
* A handful chopped flat-leaf parsley (Day 2)
* 1 pound pasta, cooked to al dente (Day 2)
* Parmesan or Romano, grated, for garnish (Day 2)

Directions Day One:

1. Heat a deep skillet or heavy-bottomed pot over medium high heat.
2. Go once around the pan with a slow stream of extra virgin olive oil.
3. Add crushed pepper flakes and infuse oil 10 seconds.
4. Add beef, onions, garlic, and seasonings.
5. Brown meat until no longer pink for 5-7 minutes.
6. Add broth and tomatoes to sauce and reduce heat to low.
7. Simmer 10-15 minutes to combine flavors.
8. Refrigerate overnight.

Directions Day Two:

1. Bring a large pot of water to a boil.
2. Add a generous pinch of salt.
3. Cook pasta according to package directions. Drain when finished.
4. While pasta is cooking, reheat sauce on the stove over medium heat.
5. Add a handful of chopped flat leaf parsley.
6. Toss pasta with half of the sauce and serve with extra sauce for topping.
7. ![C:\Documents and Settings\sobotka\Local Settings\Temporary Internet Files\Content.IE5\2HHD3XQ4\MC900215788[1].wmf]()Pass grated Parmesan or Romano at the table.