



SPAGHETTI ALFREDO

From the kitchen of Mom Dudley

Ingredients:

1 Jar Spaghetti Sauce
1 Pound Ground Beef
or Ground Sausage
1/2 Cup Butter
1/4 Cup Flour
2 Cups Heavy Cream
1 1/2 Cups Shredded
Parmesan, divided
2 Cups Mozzarella
1 Box Spaghetti

Directions:

Red Sauce: Begin by browning the sausage or ground beef in a large skillet. When fully cooked, add the jar of spaghetti sauce and heat on medium heat. Keep warm.

Spaghetti: Boil the spaghetti noodles according to the package directions. Drain and set aside.

Alfredo Sauce: In a medium saucepan, melt the butter then sprinkle with flour. Cook for 1-2 minutes before slowly adding in the heavy cream. When the sauce has thickened, reduce the heat and stir 1 cup of parmesan cheese. When the cheese has melted, season the sauce with salt and pepper.

Spaghetti Assembly: Spray a 9x13 baking dish with nonstick spray. Combine the alfredo sauce with the spaghetti noodles and place in the baking dish. Pour the red sauce over the top of the spaghetti then top with shredded mozzarella cheese and the remaining parmesan cheese.

Bake the Spaghetti: Bake the Spaghetti Alfredo at 350 degrees for 20 minutes. Serve with a green salad and breadsticks!