



TWENTY MINUTE ITALIAN SPAGHETTI

- 2 Tablespoons Oil
- 1 Pound Ground Beef
- 4 to 5 Medium Onions, Sliced
- 3 to 4 Cloves Garlic, Chopped
- 8 Ounces Tomato Sauce
- 12 Ounces Tomato Paste
- ½ Teaspoon Red Pepper
- 1 Teaspoon Chili Powder
- 1 Teaspoon Salt
- Dash Pepper
- 2 Cups Water

DIRECTIONS

1. Combine all ingredients in a pressure cooker.
2. Add cover.
3. Cook at 15 pounds of pressure for twenty minutes.
4. Serve over cooked spaghetti.