



That Good Navy Chow!

U.S. NAVY ITALIAN SPAGHETTI

100 Portions

Ingredients

Ground beef,	20 pounds
Spaghetti or macaroni,	10 pounds
Onions,	4 pounds
Green bell peppers,	4 pounds
Tomatoes (canned),	8 pounds
Worcestershire sauce,	4 ounces
Flour,	1 pound
Beef stock,	3 gallons
Chili powder,	2 ounces
Cheese,	2 pounds
salt and pepper, to taste	

Put ground beef in steam kettle and braise for 3/4 of an hour. Add diced vegetables and let simmer for 20 minutes. Add tomatoes, chili powder, Worcestershire sauce, and beef stock, and simmer for 3 hours. Thicken with flour diluted in water; salt and pepper to taste. Spaghetti should be placed in salted boiling water and cooked until tender. Drain off water and add meat sauce. Sprinkle with shredded cheese.

Source: The Cookbook of the United States Navy, Revised 1944. Which can be found in the Tin Can Sailors Library (Not for Sale)