



## **Spaghetti Hot Dish**

1 lb of ground sirloin - or ground beef - if you use ground beef or ground chuck drain it after browning.  
1 small or medium onion diced (optional)

Brown beef and onion - put in bowl add 2 or 3 cans of canned spaghetti (store brand or Campbell's brand) stir until incorporated.

Place in baking dish or crock pot - bake for 45 min at 350 degrees or in crock pot for a couple of hours.

Serve with cottage cheese and toast - you may add garlic salt to the butter for your toast to make it more like "garlic toast" and also optional is to sprinkle parmesan over the spaghetti hot dish when you serve it.