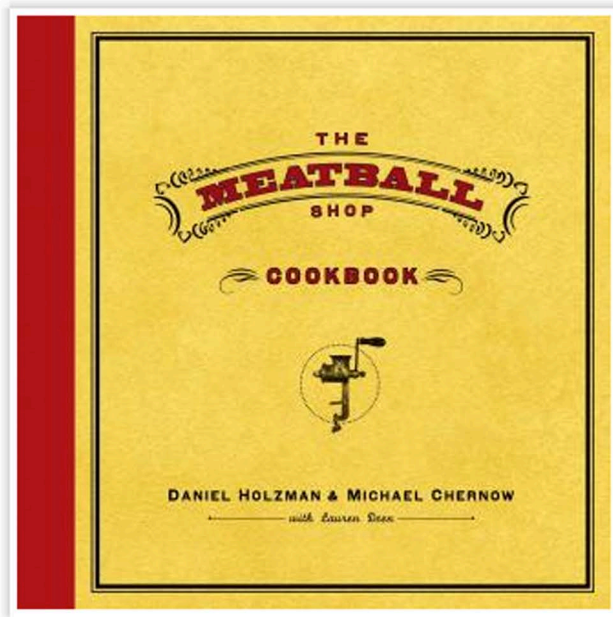


Spicy Food Recipes

Red hot recipes to turn up the heat in your kitchen.

Jennifer Jeanne Patterson • MORE.com Reporter



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Photo Credit: THE MEATBALL SHOP COOKBOOK, a Ballantine Hardcover

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Spicy Meat Sauce

MAKES 8 CUPS

2 tablespoons olive oil
1 large onion, finely diced
1 pound pork shoulder, ground
2 teaspoons crushed red pepper flakes,
2 teaspoons salt or to taste
2 tablespoons tomato paste
2 26-ounce boxes Pomi chopped
tomatoes or 2 28-ounce cans whole
plum tomatoes, roughly chopped with
their liquid

1. Heat the olive oil in a large pot over medium heat. Add the onions, ground pork, red pepper flakes, and salt and cook, stirring constantly, until the meat is thoroughly cooked and the onions are soft and beginning to brown, about 15 minutes.

2. Add the tomato paste and continue cooking for 5 minutes. Add the tomatoes and stir constantly until the sauce begins to boil. Continue cooking for 35 minutes, stirring every 5 minutes or so to prevent the sauce on the bottom of the pot from burning. Taste and season with additional salt, if desired.

Credit: THE MEATBALL SHOP COOKBOOK, a Ballantine Hardcover by Daniel Holzman and Michael Chernow, with Lauren Deen, (c) 2011 by Daniel Holzman and Michael Chernow.