



Tau Kappa Epsilon International Fraternity



RUSH with Cooking

Director of Development Dennis "Buckwheat" Perry shares with us how to cook one of his favorite Rush foods...T.Rod's Cajun Spaghetti.

Being prepared for a Rush party is essential and you have to be sure to have plenty of refreshments available. Spaghetti is easy to prepare and is relatively inexpensive.

Ingredients

5lbs Hamburger Meat
 4lbs. Smoked Link Sausage (cut in small circles)
 1 bunch Green Onions w/tops (chopped)
 3 White Onions (diced)
 3 Bell Peppers (chopped)
 2 lbs. fresh Mushrooms (or two large cans)
 5 stalks Celery (sliced)
 1 qt. whole Tomatoes (canned)
 1 qt. Tomato Sauce (canned)
 1 pint Tomato Paste (canned) 1 bottle red or burgandy cooking wine
 2 lb. package of spaghetti
 Italian Seasoning
 Garlic Powder
 Salt and Pepper
 Worcestershire Sauce
 Celery Powder

Directions

Brown ground meat, add Worcestershire Sauce, Onions, Celery, Bell Pepper, Italian Seasoning (2 tablespoons), and 1 cup of wine. Cook about 30 minutes stirring constantly. Add whole tomatoes, Tomato Sauce, Tomato Paste, 2 cups water and remaining ingredients (except spaghetti -- cook separately). Season to taste. Cook over low heat for about 4 hours adding wine or water as needed to keep liquid but not soupy.

Servings

Feeds Buckwheat and Todd Farmer (25-30 ordinary people).

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