



Spaghetti with Meat Sauce (Spaghetti 1)

This recipe makes great leftovers.

Storage instructions: Cool and refrigerate or freeze for a quick meal later! If desired, substitute with gluten-free pasta.

| <u>U.S.</u> | | <u>Metric</u> |
|---------------|----------------------------|---------------|
| 8 oz | Spaghetti, white, uncooked | 225g |
| 1 Tbsp | Olive Oil | 15mL |
| 1 medium | Yellow Onion, diced small | 1 small |
| 1 lb (16oz) | Ground Beef, 80/20 | 340g |
| 1 (15 oz) can | Tomato Sauce | 1 (425g) can |
| 1/2 tsp | Kosher Salt | 1.5g |
| 1 tsp | Italian Seasoning | 1g |
| To taste | Black Pepper, ground | To taste |

Preparation:

1. Gather all ingredients and equipment.
2. Bring a large pot of water to a boil and cook spaghetti according to the package directions or until "al dente" (meaning chewy and firm, not soft or mushy), about 8-10 minutes. Once cooked, toss with 1/2 tsp of oil and set aside.
3. Heat the oil in a medium pot over medium-high heat. Once hot, add the onion and cook until onions are translucent (clear) and soft, about 2-4 minutes.
4. Once onions are soft and have begun to brown, add the beef.
5. Break up the beef with a wooden or metal spoon as it cooks. Continue to cook until no pink remains.
6. Add the remaining ingredients, except for spaghetti, and bring to a simmer. Simmer for about 5-10 minutes until sauce is thickened. Stir every 2-3 minutes as the sauce simmers and thickens.
7. Serve 3/4 cups of sauce over 3/4 cup of pasta.

**** Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **3/4 cup pasta, 3/4 cup sauce**

Amount per serving

Calories **510**

| | |
|---------------------------|--------|
| Total Fat | 18 q |
| Saturated Fat | 6 q |
| Trans Fat | 0 q |
| Monounsaturated Fat | 2.5 q |
| Cholesterol | 95 mg |
| Sodium | 720 mg |
| Total Carbohydrate | 51 q |
| Dietary Fiber | 4 q |
| Total Sugars | 5 q |
| Includes 0g Added Sugars | |
| Protein | 38 q |
| Vitamin D | 0 % |
| Calcium | 0 % |
| Iron | 0 % |
| Potassium | 600 mg |
| Phosphorus | 5 mg |
