



## Spaghetti with Meat Sauce (Spaghetti 2) No Salt Added

This recipe makes great leftovers.

Storage instructions: Cool, refrigerate, or freeze for a quick meal later!

<u>U.S.</u>		<u>Metric</u>
8 oz	Spaghetti, whole wheat, uncooked	226 g
1 Tbsp	Olive Oil	15 mL
1 medium	Yellow Onions, small diced	1 medium
2 cloves	Garlic, fresh, minced	2 cloves
1/2 each	Red Bell Pepper, small diced	1/2 each
1 stalk	Celery, small diced	1 stalk
8 oz	Mushrooms, crimini or baby bella, minced	226 g
1/2 lb	Ground Beef, 90/10	226 g
1 (15 oz) can	Tomato Sauce, canned	423.8 g
1 tsp	Worcestershire Sauce	5 g
1/2 cup	Water, for sauce	118 g
2 tsp	Italian Seasoning	1.4 g
To taste	Black Pepper, ground	To taste

### Preparation:

1. Gather all ingredients and equipment.
2. Bring a large pot to boil and cook spaghetti according to the package directions or until "al dente" (~10-12 minutes). Once cooked, toss with 1/2 tsp of oil and set aside.
3. Heat the rest of the oil in a medium pot over medium-high heat. Once hot, cook onions until they are translucent (clear) and soft, about 2-4 minutes.
4. Add the garlic, red bell pepper, celery, and mushrooms and cook until vegetables are tender, 2-3 minutes.
5. Add beef and continue to cook until the beef is no longer pink.
6. Add the rest of the ingredients, except for the spaghetti, (**Note:** do not forget water) and simmer for about 15 minutes until sauce is thickened and vegetables are tender.
7. Serve 3/4 cup of sauce over 3/4 cup of pasta.

<b>Nutrition Facts</b>	<b>Whole Wheat</b>
<b>Serving size</b>	<b>3/4 cup pasta</b>
	<b>3/4 cup sauce</b>
<b>Servings</b>	<b>7</b>
<b>Calories</b>	250
Calories from Fat	60
Total Fat	6 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	25 mg
Sodium	360 mg
Carbohydrates	35 g
Dietary Fiber	6 g
Sugars	4 g
Protein	16 g
Vitamin A	6 %
Calcium	2 %
Vitamin C	20 %
Iron	8 %
Phosphorus	136 mg