



Spaghetti with Meat Sauce (Spaghetti 2)

This recipe makes great leftovers.

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

U.S.

12 oz	Spaghetti, whole wheat
1 Tbsp	Olive Oil
1 medium	Yellow Onion, small diced
1/2 each	Red Bell Pepper, small diced
1 stalk	Celery, small diced
8 oz	Crimini Mushrooms, minced
2 cloves	Garlic, minced
1/2 lb	Ground Beef, 90/10
1 (15 oz) can	Tomato Sauce, canned
1 tsp	Worcestershire Sauce
1/2 cup	Water, for sauce
1/8 tsp	Kosher Salt
2 tsp	Italian Seasoning
To taste	Black Pepper, ground

Metric

392g
15mL
1 medium
1/2 each
1 stalk
226g
2 cloves
226g
425g
5g
118g
0.75g
1.4g
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" (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 remaining oil in a medium pot over medium-high heat. Once hot, add the onion and cook until onions are soft and begin to brown, about 2-4 minutes.
4. Once the onions are soft, begin to add the red bell pepper, celery, mushrooms, and garlic as you finish chopping them. Cook until the vegetables are tender, about 5-7 minutes, stirring occasionally.
5. Add the beef and break it up with a wooden or metal spoon as it cooks. Continue to cook until no pink remains.
6. Add the tomato sauce, Worcestershire, water, spices, and salt and bring to a simmer. Simmer about 10 minutes until sauce is thickened. Stir every 2-3 minutes as the sauce simmers and thickens. (Note: do not forget to add the water).
7. Serve 3/4 cup of sauce over 3/4 cup of pasta.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

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

Amount per serving

Calories **340**

Total Fat	8 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	30 mg
Sodium	460 mg
Total Carbohydrate	50 g
Dietary Fiber	7 g
Total Sugars	5 g
Includes 0g Added Sugars	
Protein	20 g
Vitamin D	0 %
Calcium	0 %
Iron	13 %
Potassium	700 mg
Phosphorus	245 mg
