



## Spaghetti with Meat & Lentils (Spaghetti 3)

This recipe makes great leftovers.

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

### U.S.

12 oz  
1/4 lb  
1 Tbsp  
1 small  
2 cloves  
1/2 each  
1 stalk  
4 oz  
1/2 lb  
1 (15 oz) can  
1 tsp  
1 cup  
1/8 tsp  
2 tsp  
To Taste

Spaghetti, whole wheat, uncooked  
Brown Lentils, dried  
Olive Oil  
Yellow Onion, chopped small  
Garlic, fresh, minced  
Red Bell Pepper, chopped small  
Celery, chopped small  
Mushrooms, crimini or baby bella, minced  
Ground Beef, 90/10  
Tomato Sauce, canned  
Worcestershire Sauce  
Water, for sauce  
Kosher Salt  
Italian Seasoning  
Black Pepper, ground

### Metric

340 g  
113 g  
15 mL  
110 g  
2 cloves  
1/2 each  
1 stalk  
113 g  
230 g  
425 g  
5 mL  
237 mL  
0.75 g  
6 g  
To Taste

### **Preparation:**

1. Gather all the ingredients and equipment.
2. Bring a medium-sized pot of lightly salted water to a boil and add lentils. Cook until lentils are tender, about 15 minutes. Remove lentils and set aside.
3. Add water back to the pot. Once water comes back to a boil, add spaghetti and cook spaghetti until "al dente" (~10-12 minutes) Once cooked, toss with 1/2 tsp of oil and set aside.
4. 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.
5. Add the garlic, red bell pepper, celery, and mushrooms and cook for a couple minutes, or until the vegetables are tender.
6. Add beef and continue to cook until beef is no longer pink.
7. Add the rest of the ingredients, except for spaghetti, (Note: do not forget water) and simmer for about 15 minutes until sauce is thickened and vegetables are tender.
8. Serve 3/4 cup of sauce over 3/4 cup of pasta.

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size**                    **3/4 cup pasta**  
   **3/4 cup sauce****Servings**                            **7****Calories**                            310

Calories from Fat                60

Total Fat                             7 g

Saturated Fat                     2 g

Trans Fat                            0 g

Monounsaturated Fat         2 g

Cholesterol                        27 mg

Sodium                               290 mg

Carbohydrates                 45 g

Dietary Fiber                     11 g

Sugars                                4 g

Protein                                20 g

Vitamin A                            15 %

Calcium                                6 %

Vitamin C                            40 %

Iron                                       35 %

Phosphorus                        186 mg

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