



Spaghetti with Meat Sauce (Spaghetti 1) No Salt Added

This recipe makes great leftovers.

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

<u>U.S.</u>		<u>Metric</u>
4 oz	Spaghetti, white, uncooked	113 g
1 Tbsp	Olive Oil	15 mL
1 small	Yellow Onion, diced small	1 small
3/4 lb	Ground Beef, 90/10	340 g
1 (15 oz) can	Tomato Sauce, canned	425 g
1 tsp	Italian Seasoning	1 g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Bring a large pot to a 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 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 translucent (clear), add beef.
5. Stir frequently until the beef is no longer pink.
6. Add the remaining ingredients, except for spaghetti, and bring to a simmer. Cover and simmer for about 5 minutes until sauce is thickened and vegetables are tender
7. Serve 3/4 cups of sauce over 3/4 cup of pasta.

Nutrition Facts

Serving size	3/4 cup pasta 3/4 cup sauce
Servings	5
Calories	340
Calories from Fat	90
Total Fat	10 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	45 mg
Sodium	490 mg
Carbohydrates	38 g
Dietary Fiber	3 g
Sugars	5 g
Protein	21 g
Vitamin A	8 %
Calcium	2 %
Vitamin C	10 %

Iron	15 %
Phosphorus	87 mg
