

EASY PANTRY SPAGHETTI

Gluten Free, Higher Fiber, Lower Saturated Fat

Serves: 6 (Serving = 1 cup pasta plus 1/6 of sauce)

Nutrition (per serving)

Calories: 404

Total Fat: 5.5 g

Saturated Fat: 2.5 g

Sodium: 548 mg

Total Carbohydrate: 55 g

Dietary Fiber: 8.5 g

Total Sugars: 11 g

Protein: 43 g



Ingredients

- 2 – 14.5 ounce cans stewed tomatoes
- 1 – 15 ounce can tomato sauce (choose no salt added if possible) (choose gluten free for GF version)
- 2 teaspoons garlic powder
- 1 Tablespoon dried oregano
- 1 Tablespoon dried basil
- 1 Tablespoon brown sugar
- 2 pounds 80% lean/20% fat ground beef (see tip in #2 to create a 95% lean out of an 80% lean)
- 1 small onion, chopped
- 12 ounces uncooked pasta (choose whole grain if possible) (choose gluten free pasta for GF version)



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Directions

1. Combine tomatoes, tomato sauce, garlic powder, oregano, basil and sugar in a medium saucepan. Bring to boil over medium-high heat, turn down to medium-low and simmer for 20 minutes.
2. In a large skillet, cook ground beef over medium-high heat for 1 minute. Add onion and cook until meat is no longer pink, about 5 minutes. Place onion and ground beef mixture in colander, rinse under warm water, drain well and blot with paper towel. Add back into skillet and pour sauce over top.
3. Cook pasta according to package directions. Serve meat and sauce over 1 cup cooked pasta.



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