

Eat Smart • Move More

Simple Spaghetti

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 8 ounces whole-wheat spaghetti noodles
- 1 tablespoon canola oil
- ½ pound lean ground beef
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 16 ounces canned low-sodium tomato sauce
- 1 ½ cup water
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ¼ teaspoon ground black pepper

Directions

- Prepare spaghetti noodles according to package directions.
- In a skillet, heat oil over medium-high heat. Add ground beef, onion, and garlic. Sauté mixture, breaking meat into small pieces.
- Stir in remaining ingredients and bring to a boil. Reduce heat and simmer for 3-5 minutes.
- Serve over cooked spaghetti noodles.

Nutrition Facts

6 servings per container	
Serving size	1 serving (240.58g)
Amount per serving	
Calories 250	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 40mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 14g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 3mg	20%
Potassium 562mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ You can use any lean ground meat, like pork, chicken, or turkey in this recipe.
- ▶ Substitute different whole grain pasta varieties.
- ▶ Add bell peppers, mushrooms, or spinach for extra veggies and flavor.

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(Recipe adapted from Commodity Supplemental Food Program Cookbook, as listed at: <https://www.whatscooking.fns.usda.gov>.)

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