

Spaghetti with Quick Meat Sauce

Makes: 8 Servings

Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli, garlic bread, and roasted pears for dessert. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.

Ingredients

- 1 pound** whole-wheat spaghetti
- 2 teaspoons** extra-virgin olive oil
- 1 large** onion, finely chopped
- 1 large** carrot, finely chopped
- 1 stalk** celery, finely chopped
- 4 cloves** garlic, minced
- 1 tablespoon** Italian seasoning
- 1 pound** lean ground beef (90% or leaner)
- 1 28-oz** can crushed tomatoes
- 1/4 cup** chopped flat-leaf parsley
- 1/2 cup** grated Parmesan cheese
- 1/2 teaspoon** salt

Directions

1. Cook pasta according to package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat.
3. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown, 5-8 minutes.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	357	
Total Fat	8 g	
Protein	23 g	
Carbohydrates	52 g	
Dietary Fiber	9 g	
Saturated Fat	3 g	
Sodium	497 mg	

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 1/2 ounces
Protein Foods	1 1/2 ounces
Dairy	1/4 cup

4. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds.
5. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 minutes.
6. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 minutes.
7. Stir in parsley and salt. Serve the sauce over the pasta, sprinkled with cheese.