

# Spaghetti with Quick Meat 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 (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- ¼ cup chopped flat-leaf parsley
- ½ cup grated Parmesan cheese
- ½ teaspoon salt

## Directions:

Cook pasta according to package directions. Drain. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until the onion is beginning to brown, 5-8 minutes. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3-5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4-6 minutes. Stir in parsley and salt. Serve the sauce over the pasta, sprinkled with cheese.

Serve with steamed broccoli, garlic bread, and roasted pears for dessert.

Makes 8 servings.

## Nutrition Facts

Serving Size 1 serving (258g)  
Servings Per Container 8

Amount Per Serving

**Calories 390**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol 55mg**    **18%**

**Sodium 420mg**    **18%**

**Total Carbohydrate 54g**    **18%**

Dietary Fiber 9g    **36%**

Sugars 6g

**Protein 29g**

Vitamin A 40%    •    Vitamin C 25%

Calcium 15%    •    Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4