

Spaghetti with Quick Meat Sauce

From EatingWell



Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli and garlic bread. 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

Makes 8 Servings

- 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**
- 1/4 cup chopped flat-leaf parsley**
- 1/2 teaspoon salt**
- 1/2 cup grated Parmesan cheese**

Preparation

Active Time 30m Total Time 30m

- 1** Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.
- 2** 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 to 8 minutes.
- 3** 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 to 5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4 to 6 minutes. Stir in parsley and salt.
- 4** Serve the sauce over the pasta, sprinkled with cheese.

To Make Ahead

Cover and refrigerate for up to 3 days or freeze in an airtight container for up to 3 months.

Nutrition Facts

Nutrients per 1 cup pasta & generous 3/4 cup sauce (*recipe makes 8 servings, 1 cup pasta & generous 3/4 cup sauce each*)

Calories**384**

| | |
|----------------------|-------|
| Total Fat | 9g |
| Saturated Fat | 3g |
| Monounsaturated Fat | 3g |
| Cholesterol | 48mg |
| Sodium | 416mg |
| Carbohydrates | 52g |
| Dietary Fiber | 10g |
| Total Sugars | N/A |
| Added Sugars | 0g |
| Protein | 28g |
| Potassium | 655mg |

Carbohydrate Servings 3

Diabetic Exchanges 3 starch, 1 1/2 vegetable, 2 lean meat

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IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant while taking ENTRESTO, tell your doctor right away.

INDICATION

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme

COLLAPSE