



Spaghetti

a white, starchy pasta of Italian origin that is made in the form of long strings, boiled, and served with any of a variety of meat, tomato, or other sauces.

Recipes

- 1 pound lean ground meat like beef, turkey, chicken or lamb
- 3 tablespoons olive oil
- 1 cup (130 grams) chopped onion
- 3 garlic cloves, minced (1 tablespoon)
- 2 tablespoons tomato paste
- 1/2 teaspoon dried oregano
- Pinch crushed red pepper flakes
- 1 cup water, broth or dry red wine
- 1 (28-ounce) can crushed tomatoes
- Salt and fresh ground black pepper
- Handful fresh basil leaves, plus more for serving
- 12 ounces dried spaghetti or favorite pasta shape
- 1/2 cup shredded parmesan cheese

Steps:

1. Heat the oil in a large pot over medium-high heat . Add the meat and cook until browned, about 8 minutes.
2. Add the onions and cook, stirring every once and a while, until softened, about 5 minutes. then Stir in the garlic, tomato paste, oregano, and red pepper flakes and cook, stirring continuously for about 1 minute.
3. Stir in the tomatoes, 3/4 teaspoon of salt, and a generous pinch of black pepper. Bring the sauce to a low simmer. Cook, uncovered, at a low simmer for 25 minutes.
4. About 15 minutes before the sauce finishes cooking, bring a large pot of salted water to the boil, and then cook pasta according to package directions,
5. Take the sauce off of the heat, and then stir in the basil. Toss in the cooked pasta. serve with parmesan sprinkled on top.