

Main Dish

Travis Spaghetti



Period of Time: All time **Prepare Time:** 5 min **Cook Time:** 15 min

Ingredients

- 1 cup Explore Cuisine Pasta (cooked) (Explore Cuisine Organic Edamame Spaghetti Pasta Noodles: Category 1 - Lean Protein, Category 2 - Fibrous Carbohydrates, Perfect Pairing Item, Gluten-free)
- 1 cup tomato sauce (5 g of sugar or less) (Approved Tomato Sauce: Condiments)
- 1 pack McCormick's dry spaghetti mix (McCormick Italian Mushroom Spaghetti Sauce Mix: Condiments)
- 1 tbsp oil (MCT) (Zero Drag 100% MCT Oil: Cooking Fat, Healthy Fats)
- 3 oz 96% lean ground beef or turkey (96% Lean or Better Ground Turkey: Category 1 - Lean Protein, Gluten-free)

Directions

1. In boiling pan filled 1/2 full with water, cook Explore Cuisine pasta according to directions on package.
2. While pasta is cooking, in a skillet put in MCT oil and ground beef and cook until meat is done.
3. In another skillet mix sauce and dry mix together and let simmer.
4. Once ground meat is brown and cooked thoroughly add it with sauce mix.
5. Pour sauce and meat mixture over 1 cup of cooked Explore Asian Pasta and serve. Counts as a 1+2+condiment

Serving Notes

Serving size: Recipe makes 1 serving

Category 1+2+c. This recipe serves one, you may make more sauce and meat to feed your family. Keep servings to one cup of the Explore Cuisine Pasta! Your total serving should not go over 1.5 cups with everything combined. *

Submitted by: Angela Cooper

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