

YIELD: 6 PEOPLE

Meghan Markle's Zucchini

Pasta Sauce

Meghan Markle's Zucchini Pasta Sauce packs a lot of summery flavor. It's slow cooked for 4-5 hours! That sounds crazy, but it makes it crazy good!

PREP TIME
10 minutes

COOK TIME
4 hours

TOTAL TIME
4 hours 10 minutes



Ingredients

For the Sauce

- 2.25-2.5 Pounds medium sized zucchini, 5/6 zucchinis
- 1 yellow onion, chopped
- 1 Tablespoon olive oil
- 1 chicken bouillon cube
- 1-2 Cups water

For the Pasta

- 1 pound spaghetti
- zest of 1 lemon
- Parmesan, optional
- pinch red pepper flakes

Instructions

1. Finely chop the zucchinis, set aside.
2. Over medium heat, saute the onion in the olive oil.
3. Add the zucchini, 1 Cup of water and the bouillon cube. Stir well.
4. Cover and cook over very low heat for 4-5 hours, stirring every 20-30 minutes or so. Add water as needed.
5. Prior to serving, cook the spaghetti until al dente. Mix the pasta into the sauce, coating all of the noodles. Portion the pasta then zest the lemon over it, sprinkle Parmesan cheese, salt, pepper, and red pepper flakes.

Notes

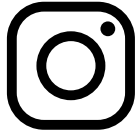
Inspired by Meghan Markle - Her Royal Highness the Duchess of Sussex

Nutrition Information: **YIELD:** 6 **SERVING SIZE:** 6 people

Amount Per Serving: CALORIES: 207 TOTAL FAT: 4g SATURATED FAT: 1g TRANS FAT: 0g

UNSATURATED FAT: 3g CHOLESTEROL: 1mg SODIUM: 114mg CARBOHYDRATES: 36g FIBER: 5g SUGAR: 9g

PROTEIN: 9g



Did you make this recipe?

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CUISINE: American