



Simple Spaghetti Sauce

Ingredients

- 1 tbsp canola oil
- 1 c onion, chopped
- 2 garlic cloves, minced
- ½ lb lean ground beef
- 16 ounces canned low-sodium tomato sauce
- 1 ½ c water
- 1 tsp dried basil
- 1 tsp dried parsley
- ¼ tsp ground black pepper

Directions

1. Heat oil in a skillet over medium heat and add onion and garlic. Sauté until translucent. Remove from pan and set aside.
2. Place the ground beef in skillet and cook over medium-high heat. Using a spoon, break up the ground beef into equally-sized pieces as it cooks. This ensures that all the meat cooks evenly.
3. Drain the browned beef. Add in the sautéed onion and garlic to the skillet.
4. Stir in remaining ingredients.
5. Bring to a boil, reduce heat, and simmer for 3 minutes.
6. Serve over cooked spaghetti pasta.

Nutrition Facts

Serving Size 1 serving (213.92g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 40mg **2%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 9g

Vitamin A 6% • Vitamin C 10%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.