

# Spaghetti with Meat Sauce

**Yield: 7 servings**

## Ingredients

8 ounces whole-wheat spaghetti, uncooked  
1 tablespoon olive oil  
1 medium yellow onion, diced  
2 cloves garlic, fresh, minced  
½ each red bell pepper, diced  
1 stalk celery, diced  
8 ounces mushrooms, cremini or baby bella, minced  
½ pound ground beef, 90/10  
1 (15 ounce) tomato sauce, canned  
1 teaspoon Worcestershire sauce  
½ cup water, for sauce  
¾ teaspoon kosher salt  
2 teaspoons Italian seasoning  
ground black pepper, to taste

## Instructions

1. Bring a large pot to boil and cook spaghetti according to the package directions or until al dente 10 to 12 minutes. Once cooked, toss with ½ teaspoon of oil and set aside.
2. Heat the rest of the oil in a medium pot over medium-high heat. Once hot, cook onions until they are translucent (clear) and soft, about 2 to 4 minutes.
3. Add the garlic, red bell pepper, celery, and mushrooms and cook until vegetables are tender, 2 to 3 minutes.
4. Add beef and continue to cook until the beef is no longer pink.
5. Add the rest of the ingredients, except for the spaghetti, (Note: do not forget water) and simmer for about 15 minutes until sauce is thickened and vegetables are tender.
6. Serve ¾ cup of sauce over ¾ cup of pasta.

## Nutrition Information

### Whole Wheat Pasta

**Serving Size:** ¾ cup pasta and ¾ cup sauce  
Calories: 250  
Total Fat: 6 g  
Saturated Fat: 2 g  
Monounsaturated Fat: 1.5 g  
Sodium: 400 mg  
Total Carbohydrate: 35 g  
Dietary Fiber: 6 g  
Sugars: 4 g  
Protein: 16 g

Source: Health Meets Food



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