



# Spaghetti with Meat Sauce

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## Info:

Makes 4 Servings      350 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 8oz Pasta
- ❖ 28oz Crushed Tomatoes
- ❖ 2 Garlic Cloves, minced (or garlic powder equivalent)
- ❖ 1 tsp Basil
- ❖ 1 tsp Oregano
- ❖ ½ tsp Parsley
- ❖ 1 tsp Salt
- ❖ Dash of Ground Black Pepper
- ❖ Grated or shredded parmesan cheese (optional 22 calories per Tbsp)
- ❖ ½ lb 95% Lean Ground Beef

## Preparation:



1. Boil noodles until desired doneness
2. Meanwhile, brown beef over medium-high heat until cooked thoroughly
3. In a medium pot combined beef and all remaining ingredients.
4. Plate the noodles and pour meat sauce on top, serve hot!