

RECIPE

ONE PAN SPAGHETTI

- **1 pound lean ground beef**
- **1 medium onion, chopped**
- **3½ cups water**
- **1 (15 ounce) can tomato sauce**
- **2 teaspoons dried oregano**
- **½ teaspoon sugar**
- **½ teaspoon garlic powder**
- **½ teaspoon rosemary**
- **¼ teaspoon pepper**
- **2 cups broken spaghetti noodles**
- **1 cup shredded parmesan cheese**

- 1.** Brown meat and onions in a large skillet over medium-high heat (300°F in an electric skillet). Drain fat.

- 2.** Stir in water, tomato sauce, and spices; bring to a boil.
- 3.** Add spaghetti; cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
- 4.** When spaghetti is tender, top with grated cheese.
- 5.** Refrigerate leftovers.

Nutrition Facts per serving: 220 calories;
5 g total fat; 2.5 g saturated fat; 0 g trans fat;
20 mg cholesterol; 360 mg sodium;
29 g carbohydrate; 2 g dietary fiber;
3 g sugars; 13 g protein

Yield: 10 servings

SOURCE: USDA RECIPE FINDER