

Spaghetti with "Semi-homemade" Meat Sauce over Zoodles

Author: Becky Hyman

Recipe type: Dinner Cuisine: Italian

Prep time: 30 mins Cook time: 45 mins Total time: 1 hour 15 mins

Serves: 8

Perfect weeknight dinner!

Ingredients

- 2 lbs lean ground beef
- 1 onion chopped
- 1 bell pepper chopped
- 1-15 ounce can low sodium diced tomatoes
- 1 can low sodium tomato paste
- 1-jar low sodium marinara sauce (I used Gia Russa brand)
- 2 tablespoons dry Italian seasoning
- 1 tablespoon granulated garlic
- 2 tablespoons extra virgin olive oil
- Salt and Pepper to taste
- 4 large zucchini
- 1 tablespoon fresh basil (cut into ribbons)

Instructions

1. Heat 1 tablespoon olive oil in a large pot
2. Brown ground beef until cooked through
3. Add onion and bell pepper until onions become translucent about 6 minutes
4. Salt and pepper
5. Add tomato paste to meat mixture until coated
6. Add diced tomatoes and marinara sauce
7. Mix until well blended
8. Add Italian seasoning and granulated garlic and mix
9. Bring to a boil and then turn heat to low to simmer for 30 minutes
10. While sauce is simmering, spiralize the zucchini
11. Place zucchini into a colander and sprinkle lightly with salt to remove as much water
12. Heat 1 tablespoon of oil in a frying pan
13. Add zucchini and lightly stir fry for 2-3 minutes until tender
14. Top the zoodles with spaghetti sauce and then sprinkle fresh basil on top

Notes

Advice: I prepare the spaghetti sauce the night before so that the flavors will meld together well for a more robust taste.

Recipe by Clean Food Mom at <http://www.cleanfoodmom.com/spaghetti-semi-homemade-meat-sauce-zoodles/>