



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Spaghetti with Meat Sauce

Recipe adapted from University of Minnesota Extension

Ingredients:

1 pound of spaghetti noodles
2 15-ounce cans of spaghetti sauce
½ pound ground beef, turkey, or
meatless substitute
¼ cup chopped onion
½ teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried parsley flakes
½ teaspoon dried basil
Salt and pepper to taste
Parmesan cheese for garnish

Directions:

Time needed: 10 minutes of preparation,
20 minutes of cook time

1. Cook spaghetti according to package directions.
2. Fry ground beef, turkey, or meatless substitute with onion over medium heat in a large skillet. Drain fat.
3. Add spaghetti sauce and spices to the meat or meat substitute. Stir and simmer on low to blend flavors.
4. To serve: Divide cooked spaghetti between 4 plates, and pour sauce over spaghetti.
5. Top with Parmesan cheese, if desired.

SERVES
4-6