

# Spaghetti with Quick Meat Sauce

- 1 pound whole-wheat spaghetti
- 2 teaspoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- 1/4 cup chopped flat-leaf parsley
- 1/2 teaspoon salt
- 1/2 cup grated Parmesan cheese



## Preparation

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the onion is beginning to brown, 5 to 8 minutes.

3. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4 to 6 minutes. Stir in parsley and salt.

4. Serve the sauce over the pasta, sprinkled with cheese.

#### Nutrition

Per serving: 384 Calories; 9 g Fat; 3 g Sat; 3 g Mono; 48 mg Cholesterol; 52 g Carbohydrates; 28 g Protein; 10 g Fiber; 416 mg Sodium; 655 mg Potassium

#### 3 Carbohydrate Serving

Exchanges: 3 starch, 1 1/2 vegetable, 2 lean meat

#### Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze in an airtight container for up to 3 months.