



SPAGHETTI SAUCE w/GROUND BEEF

Intermediate Lifestyle

INGREDIENTS

1 pound ground beef
1 medium onion, chopped
4 cloves garlic, minced
1 small green bell pepper, diced
1 (28 ounce) can diced tomatoes
1 (16 ounce) can tomato sauce
1 (6 ounce) can tomato paste
2 TSP dried oregano
2 TSP dried basil
1 TSP salt
½ TSP ground black pepper

INSTRUCTIONS

—Gather all ingredients.

—Combine ground beef, onion, garlic, and green pepper in a large saucepan over medium-high heat. Cook and stir until meat is browned and crumbly and vegetables are tender, 5 to 7 minutes. Drain grease.

—Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

SERVING INFO: (Serves 8)

½ cup = 1 P, 1 V

See photo on [Instagram](#) and [Facebook](#).