

# Spaghetti with Meat Sauce

- 1 green pepper
- 1 medium onion
- 2 cloves garlic
- Nonstick cooking spray
- 1 pound ground turkey or very lean ground beef
- 2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
- 1 (8 ounces) can no added salt tomato sauce
- 2 teaspoons Italian blend seasoning
- 1 teaspoon black pepper
- $\frac{1}{4}$  teaspoon salt
- 1 pound spaghetti, uncooked

**Makes 10 portions,  $\frac{2}{3}$  cup sauce with  $\frac{3}{4}$  cup spaghetti**

Per portion

Calories:	270
Carbohydrate:	42 grams
Protein:	15 grams
Fat:	5 grams
Saturated fat:	1 gram
Cholesterol:	36 milligrams
Sodium:	200 milligrams
Dietary fiber:	3 grams

1. Finely chop pepper and onion. Mince garlic.
2. Spray large skillet with nonstick cooking spray. Preheat over high heat. Add ground meat and cook, stirring occasionally for 5 minutes or until no longer pink. Drain on paper towels.
3. Stir in undrained tomatoes, tomato sauce, green pepper, onion, garlic, Italian seasoning, black pepper, and salt.
4. Bring to a boil and reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.
5. Remove cover and simmer for 15 minutes more.
6. Cook spaghetti according to directions, do not add salt. Drain well. Serve sauce over spaghetti.