

SUPER SPAGHETTI & MEAT SAUCE

Ingredients

½ lb (500 g)	lean ground beef
½ lb (500 g)	regular ground beef (or use 1lb (500 g) of lean ground beef)
3 tbsp.	olive oil—to generously coat bottom of pan
1 large jar or can	pasta sauce of your choice
1 can (19 oz/540 mL)	diced tomatoes
1	large onion
3 cloves	garlic
3	bay leaves
4 tbsp.	basil

Directions

1. Place the ground beef in the pan.
2. Turn the stove on to medium-high heat. Use a wooden spoon to break the beef into small pieces.
3. Brown the beef until no longer pink.
4. Pour cooked beef into colander and rinse with hot water to remove fat.
5. Set aside.
6. Dice the onion.
7. Mince the garlic.
8. Add olive oil, onions and garlic to the pan and cook until the onions are clear.
9. Add the pasta sauce, diced tomatoes, bay leaves and basil.
10. Add the cooked ground beef and stir.
11. Turn the stove temperature to low and simmer for ½ hour.
12. Turn the stove off.
13. Remove the bay leaves.
14. Serve over prepared whole wheat pasta.
15. Enjoy!

