

# Simple Spaghetti and Meat Sauce

**Makes:** 4 Servings

Make your own meat sauce and spaghetti. This recipe uses canned beef for the meat sauce.

## Ingredients

**4 cups** cooked spaghetti (about 1/2 pound dry)

nonstick cooking spray

**1/2 cup** onion (chopped)

**3 cloves** garlic (chopped)

**1 1/2 cups** canned beef (drained)

**1 can** low-sodium tomato sauce (about 15 ounces)

## Directions

1. Cook spaghetti according to package directions. Drain well.
2. In a medium-size skillet coated with nonstick cooking spray, cook the onion and garlic over medium heat until soft.
3. Stir in beef and tomato sauce, and cook 10 minutes.
4. Spoon beef and sauce mixture over cooked spaghetti.

**Source:** Recipe adapted from Commodity Supplemental Food Program Cookbook,