

## Spaghetti & Meat Sauce



15 min Prep

30 min Cook Time

Serves 4

Recipe from Budget Bytes

<https://www.budgetbytes.com/spaghetti-with-vegetable-meat-sauce/>

### Ingredients\*

- 1 zucchini
- 2 carrots
- 1 yellow onion
- 2 cloves garlic
- 1 tbsp olive oil
- ½ lb ground beef
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp salt & pepper
- (optional) 1 pinch crushed red pepper
- 1 container of any red pasta sauce
- 1 package of spaghetti noodles

### Directions

- Grate (or slice fine) zucchini and carrot to get 1.5 cups of each.
- Dice onion.
- Mince garlic.
- To a large skillet, add olive oil and ground beef. Cook over medium heat until beef is fully browned and no longer pink.
- Add diced onion and garlic. Sauté for a few more minutes, until the onions are soft and translucent.
- Add zucchini, carrots, and spices to the skillet.
- Sauté for about five minutes, until vegetables are wilted.
- Add pasta sauce and stir to combine.
- Once the sauce comes to a simmer, turn heat down to low. Stir often.
- In a separate pot, bring water to a boil (check pasta package for how much water, based on how much pasta you are making).
- Salt the water (salty like the sea!).
- Add spaghetti noodles to boiling water. Once pasta returns to a boil, stir it often.
- Test pasta noodles after 7 minutes. If you are happy with the consistency, take the pot off the heat.
- (If not, continue cooking and testing each minute for another 1-2 minutes).
- Drain pasta and return to the pot.
- Add one cup of sauce to the pasta and stir to combine.
- Once you have plated your pasta, add more sauce on top.
- Enjoy!

## Garlic Bread



5 min Prep

13 min Cook Time

Serves 4

Recipe from Simply Recipes

[https://www.simplyrecipes.com/recipes/garlic\\_bread/](https://www.simplyrecipes.com/recipes/garlic_bread/)

### Ingredients\*

- 1 16-ounce loaf Italian bread or French bread
- 1/2 cup unsalted butter, softened
- 2 large cloves garlic
- 1 tablespoon chopped fresh parsley
- 1/4 cup freshly grated Parmesan cheese (optional)

### Directions

- Preheat oven to 350°F
- Prepare the garlic bread:
- Cut the loaf in half, horizontally. Mix the butter, garlic, and parsley together in a small bowl. Spread butter mixture over the the two bread halves.
- Heat in oven for 10 min
- Sprinkle with Parmesan then heat for another 3 minutes or under cheese melts
- Remove the pan from the oven. Sprinkle Parmesan cheese over bread if you want. Return to the oven on the highest rack.
- Remove from the oven, let cool for a minute then use a bread knife to cut into 1-inch thick slices. Serve immediately.
- Enjoy!