

Spaghetti Squash with Chunky Tomato Sauce Recipe

Prep Time: 20 mins

Cook Time: 15 mins

Rest Time: 5 mins

Total Time: 35 mins

Ingredients

2 pounds beef, lean ground 1 cup(s) onion(s) 1 cup(s) pepper(s), green, bell 4 clove(s) garlic, minced 2 can(s) tomatoes, diced, un-drained 1 can(s) tomato sauce 3 ounce(s) tomato paste 1 tablespoon Italian seasoning, dried 1/4 teaspoon pepper, black ground 1/2 cup(s) cheese, shredded Parmesan basil, fresh 3 pounds spaghetti squash

Preparation

Chunky Tomato Sauce:

1. In a 4-quart Dutch oven, cook beef, onion, sweet pepper, and garlic until beef is brown. Drain off fat. Add un-drained diced tomatoes, tomato sauce, tomato paste, Italian seasoning, and black pepper. Bring to boiling; reduce heat: simmer, uncovered, for 15 minutes, stirring occasionally.
2. Divide sauce among 2 freezer containers. Seal, label, and freeze for up to 3 months.
3. To serve each container of the sauce, thaw in refrigerator overnight. Transfer sauce to a large saucepan. Cook over medium heat until boiling, stirring occasionally. Meanwhile, prepare Cooked Spaghetti Squash. Serve sauce over squash. Sprinkle with 1/4 cup of the Parmesan cheese. If desired, garnish with basil leaves.

Cooked Spaghetti Squash:

Prick a 2 1/2- to 3-pound whole spaghetti squash in several places with a sharp knife. Place squash in a microwave-safe baking dish: microwave, uncovered, on 100% (high) power for 10 to 15 minutes or until tender. Let stand for 5 minutes. Halve squash lengthwise and remove seeds. Using 2 forks, shred and separate the squash pulp into strands.

Nutritional Info (Per serving):

Calories: 226, Saturated Fat: 4g, Sodium: 410mg, Dietary Fiber: 3g, Total Fat: 9g,

Carbohydrates: 18g, Sugars: 4g, Cholesterol: 51mg, Protein: 18g

Exchanges: Vegetable: 0.5, Starch: 1, Lean Meat: 2, Fat: 0.5

Carbohydrate Choices: 1