

Traditional Meat Sauce (Spaghetti 1)



This recipe is a quick and easy take on a basic American-style meat sauce.

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	5 MIN	35 MIN

INGREDIENTS

2 tsp	Olive Oil
1 medium	Yellow Onion, small dice
1 lb. (16 oz)	Ground Beef, 90/10
1 (15 oz) can	Tomato Sauce
½ tsp	Kosher Salt
1 tsp	Italian Seasoning
To Taste	Black Pepper

CHEF'S NOTES

In class, we will serve this sauce with regular white spaghetti. If desired, substitute whole wheat or gluten-free pasta.

To store, cool the sauce and refrigerate for up to a week, or freeze for a few months for an easy quick meal later.

For class: Your chef will provide ¾ cup of white spaghetti for you to create a "show plate". Top the spaghetti with ¾ cup of sauce and any desired garnishes. Leave the remaining sauce in the pot.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium pot, heat the oil over medium-high heat. Once the oil is hot, add the onions and cook until they are translucent (clear) and soft, about 2-4 minutes.
3. Once the onions are soft and have begun to brown, add the ground beef.
4. Using a wooden or metal spoon, break up the beef into small pieces. Continue to cook the beef, stirring every few minutes, until no pink remains.
5. Add the tomato sauce and spices and bring the pot to a simmer. Stir the sauce every few minutes as the sauce slowly thickens. Simmer until the sauce is thickened, about 5-10 minutes.

Nutrition Facts

4 servings per container

Serving Size 3/4 cup sauce (170 g)

Amount per serving

Calories 260

% Daily Value *

Total Fat 14g 18%

Saturated Fat 4.5g 23%

Trans Fat 0.5g

Cholesterol 75mg 25%

Sodium 820mg 36%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 24g 49%

Vitamin D 0.09mcg 0%

Calcium 30mg 3%

Iron 4mg 20%

Potassium 700mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

4 servings per container

Serving Size 3/4 cup pasta with 3/4 cup sauce (170 g)

Amount per serving

Calories 460

% Daily Value *

Total Fat 15g 19%

Saturated Fat 4.5g 23%

Trans Fat 0.5g

Cholesterol 75mg 25%

Sodium 820mg 36%

Total Carbohydrate 51g 18%

Dietary Fiber 4g 15%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 31g 63%

Vitamin D 0.09mcg 0%

Calcium 30mg 3%

Iron 4mg 20%

Potassium 700mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Spaghetti with Meat Sauce (Spaghetti 1)" (6/6/19)



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