Meat & Vegetable Spaghetti Sauce
(Spaghetti 2)

This recipe uses fresh vegetables to bulk up a basic American-style meat sauce - adding texture, color, flavor and fiber.

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<th>YIELD</th>
<th>PREP TIME</th>
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<td>6 SERVINGS</td>
<td>15 MIN</td>
<td>45 MIN</td>
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**INGREDIENTS**

- 2 tsp Olive Oil
- 1 medium Yellow Onion, small dice
- ½ medium Red Bell Pepper, small dice
- 1 stalk Celery, small dice
- 8 oz Cremini Mushrooms, minced
- 2 cloves Garlic, minced
- ½ lb. (8 oz) Ground Beef, 90/10
- 1 (15 oz) can Tomato Sauce
- 1 tsp Worcestershire Sauce
- ½ cup Water
- ¼ tsp Kosher Salt
- 2 tsp Italian Seasoning
- To taste Black Pepper

**CHEF’S NOTES**

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 whole wheat 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. Add the bell pepper, celery, mushrooms, and garlic to the pot (in that order). Sauté until the vegetables are tender, about 5-7 minutes, stirring occasionally.

4. Add the ground beef to the vegetables. 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, Worcestershire sauce, water, salt, 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.
Recipe adapted from Health meets Food, “Spaghetti with Meat Sauce (Spaghetti 2)” (6/6/19)

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