

One Pan Spaghetti

Perfect for a busy weeknight, this one pan spaghetti dish has grains, vegetables, and meat.

Makes: 5 servings

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 3 ½ cups water
- 1 can low-sodium tomato sauce (15 ounces)
- ½ teaspoon sugar
- 2 teaspoons dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon rosemary
- ¼ teaspoon black pepper
- 16 ounces whole wheat spaghetti pasta, broken
- 1 cup Parmesan cheese, shredded



Directions

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Stir in water, tomato sauce, sugar, oregano, garlic powder, rosemary, and black pepper; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.

Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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