Spaghetti with Meat Sauce



Makes 4 servings

Ingredients

- ☐ ½ cup frozen onions
- ☐ 1 carrot
- ☐ 1 stalk celery
- ☐ 2 tsp olive oil
- ☐ 2 tsp minced garlic (jar)
- ☐ 450g ground beef or chicken
- ☐ 1 650 ml jar no-sugar-added tomato sauce
- ☐ 400g GF spaghetti

Directions

1. Fill a large pot with water and set to boil
2. Peel and chop up the carrot finely
3. Wash and thinly slice the celery
4. Add oil to the frying pan; heat
5. Add the garlic, onion, carrot and celery to the pan
6. Cook until veggies are soft, about 5 minutes
7. Add the ground meat; break up into small pieces
8. Cook until no longer pink; keep stirring
9. Lower heat and keep warm until pasta is ready
10. When water is boiling, add pasta to pot and cook until "al dente"
11. Drain the pasta; put in a bowl
12. Pour sauce over the top of the pasta and mix

Serve with: Green Salad