

Spaghetti (Zucchini Noodles) and Meat Sauce



INGREDIENTS

Raw zucchini, whole
Italian Seasoning
Salt & Pepper
Onion Powder
Garlic Powder
Ground chuck (80/20), 4 oz. Per serving
*Spaghetti Sauce (recipe below)
Olive oil
Butter
Freshly grated Parmesan (optional)

INSTRUCTIONS

1. Use spiralizer to render whole zucchini into “noodles.” About 1 med. zucchini per person (or 1 cup cooked noodles per person)
2. Brown chuck in skillet slightly oiled with olive oil, add salt, pepper, Italian seasoning, garlic powder and onion powder to taste. Drain fat. Add in *Spaghetti sauce and stir until mixed well.
3. In separate skillet with about 1 TBSP olive oil and 1 TBSP butter melted, place zucchini noodles and season to taste with same seasonings as meat while stirring to coat in oil and butter. Cook until texture is to your taste, al dente or softer.
4. Serve 1 cup of cooked noodles with about 1/3 to 1/2 cup of the meat sauce mixture over top, and grate some Parmesan over top (optional).

***Spaghetti Sauce**

This is the same sauce used for the pizza sauce in the Cauliflower pizza recipe. For spaghetti sauce below, I have left out the sweetener since it doesn't need to be as sweet for spaghetti as pizza, but still tastes great a bit sweet. I keep it frozen, so I do use that instead of making separate batch.

Ingredients:

Two 5.5 oz. cans tomato paste (**NOT** tomato sauce)

½ cup water

1 tsp oregano

½ tsp basil

½ tsp onion salt

½ tsp black pepper

1/8 tsp garlic powder

1/8 tsp salt

Helpful Hints: Freeze leftover sauce in small bowls. This delicious sauce will keep about 2 weeks in the refrigerator.

Yield: 1-3/4 cups