

HOMEMADE SPAGHETTI SAUCE WITH SPAGHETTI SQUASH

Easy homemade spaghetti sauce served over roasted spaghetti squash instead of noodles



INSTRUCTIONS

1. Brown the beef and onion

- 1 lb ground beef (or 1/2 lb ground Italian sausage and 1/2 lb ground beef)
- Salt and pepper, to taste
- 1 medium onion, chopped

Season the beef with salt and pepper. In a large skillet, brown the beef and onion together, breaking up the meat as it cooks. Drain excess grease.

2. Simmer the sauce

- 2 cloves garlic, minced
- 15 oz tomato sauce
- 1 (15 oz) can diced tomatoes
- 1/2 tsp Italian seasoning
- 1 tsp honey
- 1/4 cup fresh basil leaves, chopped, or 1 tsp dried basil

Add the garlic, tomato sauce, diced tomatoes, Italian seasoning, and honey to the skillet. Stir well and bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally. If using dried basil, stir it in with the other seasonings at the start of the simmer. If using fresh basil, stir it in just before serving.

3. Roast the spaghetti squash

- 1 medium spaghetti squash
- 1 Tbsp olive oil
- Salt and pepper, to taste

Preheat the oven to 400°F. Slice the squash in half lengthwise and scoop out the seeds. Brush the cut sides with olive oil and season with salt and pepper. Place cut-side down on a baking sheet and roast for 35 to 45 minutes, until the flesh is tender and shreds easily with a fork.

4. Shred and serve

Once the squash is cool enough to handle, use a fork to scrape the flesh into spaghetti-like strands. Top with the sauce and serve warm.

NUTRITION (per serving, makes 5)

For the sauce only, does not include spaghetti squash

- Calories: 265
- Total Fat: 16g
- Total Carbs: 15g
- Fiber: 3g
- Net Carbs: 12g
- Protein: 18g

STORAGE

Sauce keeps in the fridge for 3 to 4 days, or freeze for up to 4 to 6 months. Spaghetti squash is best eaten fresh, but leftovers keep in the fridge for up to 4 days.



Recipe created by Mind-Body Functional Health.
Visit our website at www.mindbodyfunctionalhealth.com or scan the QR code