

# Spaghetti

Serves 4, <sup>3</sup>/<sub>4</sub> cup per serving

## Ingredients

- 2 cups meat sauce master mix
- 1 <sup>1</sup>/<sub>2</sub> teaspoon Italian seasoning OR 1 package spaghetti sauce seasoning
- 8 ounces whole grain pasta
- Parmesan cheese (optional)
- Tomato sauce (optional)



## Directions

1. Mix meat sauce master mix and seasoning in a small bowl.
2. If the sauce is too thick, add extra tomato sauce.
3. Place in quart-size freezer bag.
4. Label, date and include instructions.

**Note:** Recipe may be divided and frozen in individual servings.

## To Cook

1. Thaw meat sauce in refrigerator for 24 hours.
2. Heat in microwave or on stove top to 165°F.

## To prepare pasta

1. In a large pan, boil 3 quarts water.
2. Add pasta gradually.
3. Boil uncovered, stirring occasionally (over stirring causes sticky pasta). Pasta should be tender, yet firm.
4. Immediately drain pasta; do not rinse.
5. Pour meat sauce over hot, cooked pasta.
6. Sprinkle with Parmesan cheese.

Nutrition Facts	
Serving Size <sup>3</sup> / <sub>4</sub> cups Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 350	
	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 0g	
<b>Protein</b> 32g	<b>64%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	