

Spaghetti with meat sauce



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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About this recipe

Serves

4

Time to make

10 minutes preparation; 20 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 pound spaghetti noodles
- 2 15-ounce cans spaghetti sauce
- 1/2 pound ground beef
- 1/4 cup chopped onion
- 1/2 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- Parmesan cheese for garnish

Directions

1. Cook spaghetti according to package directions.
2. Fry ground beef with onion over medium heat in large skillet. Drain fat.
3. Add spaghetti sauce and spices to the beef. Stir and simmer on low to blend flavors.
4. To serve: Divide cooked spaghetti between 4 plates, pour sauce over spaghetti. Top with parmesan cheese, if desired.

Recipe video

Nutritional info

There is no nutritional info available at this time.

Allergens

Dairy

Wheat

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