



## QUICK SPAGHETTI SAUCE

### Ingredients (12 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1/4 cup	carrot, diced
1/4 cup	celery, diced
1/4 cup	green bell pepper, diced
1/4 cup	onions, diced
2 tbsp	garlic, minced
1 tsp	chili powder
1 tsp	paprika
1/4 tsp	hot pepper flakes
1/4 tsp	black pepper
1 can (28 oz/796 ml)	diced tomatoes (reduced sodium)
1 can (14 oz/398 ml)	tomato sauce (reduced sodium)

### Ingredients (36 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
3/4 cup	carrot, diced
3/4 cup	celery, diced
3/4 cup	green bell pepper, diced
3/4 cup	onions, diced
6 tbsp	garlic, minced
3 tsp	chili powder
3 tsp	paprika
3/4 tsp	hot pepper flakes
3/4 tsp	black pepper
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)
3 cans (14 oz/398 ml)	tomato sauce (reduced sodium)

### Directions

- In saucepan, over medium heat; cook ground beef. Drain off fat.
- Add onions, carrot, celery and green bell pepper and cook until softened, about 5 minutes.
- Add garlic, chili powder, paprika, hot pepper flakes and black pepper; cook for 2 minutes.
- Add tomatoes and tomato sauce; bring to boil, stirring often. Reduce to low heat and simmer, about 12 minutes.

Serve 1/2 cup of sauce over spaghetti or other noodles.

