

## Spaghetti and Meat Sauce

**Makes:** 8 servings (serving is 1/2 cup sauce, 1 cup spaghetti)

**Per serving:** Calories 340, Protein 20gm, Sodium 575 mg, Potassium 430 mg, Phosphorus 140 mg

### Ingredients

1 clove garlic, minced  
1 medium onion, finely chopped  
1 TBSP oil  
1 can (16 oz) tomatoes  
1 can (6 oz) tomato paste  
1 tsp sugar  
2 tsp oregano  
1 tsp pepper  
8 cups cooked spaghetti  
1½ lbs ground beef or ground turkey

### Directions

1. Combine garlic and onion in oil over low heat until tender.
2. Add meat; cook and stir until brown; drain fat.
3. Stir in remaining ingredients; breaking up tomatoes with a wooden spoon.
4. Simmer uncovered over low heat about 30 minutes.
5. Serve over al dente spaghetti noodles, cooked according to package directions.