

Spaghetti Dinner

SPAGHETTI INGREDIENTS

- 12 ounces pasta
- 1/2 tablespoon olive oil
- 20 ounces ground beef
- 3 tablespoons Italian seasonings, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 small zucchini, sliced lengthwise and crosswise in 1/2-inch slices
- 1 medium onion, finely diced
- 28-ounce can crushed tomatoes
- 2 tablespoons beef stock concentrate optional

GARLIC BREAD INGREDIENTS

- 4 tablespoons butter
- 1/4 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- 4 ciabatta rolls, sliced in half

DIRECTIONS

1. Bring a large pot of salted water to a boil. When boiling, add pasta and cook until al dente, about 8-10 minutes.

!! Before draining pasta, reserve 1 cup of pasta water, and then drain !!.
2. While the water boils, in a large saucepan, heat oil over medium-high heat.
3. Add ground beef and season with 1 tablespoon Italian seasoning, salt and pepper. Cook, breaking meat into small pieces, until browned and cooked through, about 6-8 minutes.
4. Transfer cooked beef to a plate/bowl with slotted spoon.
5. Pour off excess fat from the pan, leaving about 1 tablespoon.
6. Place saucepan over medium-high heat and add the zucchini and onion. Cook until softened and browned, about 6-8 minutes.
7. To the saucepan, add the cooked beef, remaining Italian seasoning, beef stock, crushed tomatoes, and reserved pasta water to saucepan. Bring to a boil and then lower heat and simmer until slightly thickened, about 6-8 minutes.
8. Toss cooked spaghetti with sauce and serve.
9. While sauce is cooking, place 2 tablespoons butter in a small bowl and bring to room temperature.

Garlic Bread

INGREDIENTS

- 4 tablespoons butter
- 1/4 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 4 ciabatta rolls, sliced in half

DIRECTIONS

1. Place 2 tablespoons butter in a small bowl and bring to room temperature. Mix in Parmesan cheese, garlic powder and salt. Spread onto the cut sides of the sliced bread.
2. Toast/broil bread for 2-3 minutes, until browned.

