



easy prep • kid-friendly

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Recipe by Ashley Chandler



Spaghetti Dinner

INGREDIENTS	INSTRUCTIONS	NUTRITION
• 2 cups of whole wheat pasta • 1 cup marinara sauce • 1 lb ground beef	1. Add spaghetti noodles to large pot of water and boil for about 7 minutes or until spaghetti is soft 2. While noodles are cooking, sauté ground beef in large pan, cook until meat is dark brown 3. Slowly stir sauce into ground meat 4. Drain noodles and add to spaghetti 5. Serve fresh	Calories: 1300 kcal DV of Iron: 130% DV of Fiber: 56% DV of Vitamin B12: 207% DV of Folate: 40% Protein: 80g

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