

Zoodles in Grass-Feed Meat Sauce

By Ordinary Pioneer

Total Cook/Prep Time: 30 Minutes

Number of Servings: 4-6

INGREDIENTS:

8-10 Zucchini Squash

1/2 Onion Finely Chopped

4 Cloves of Garlic Finely Chopped

1 15oz Can Tomato Sauce

1 6oz Can Tomato Paste

1 lb Grass-Fed Ground Beef

Olive Oil

Italian herbs and spices of choosing

Salt and Pepper

NOTE: Sub ground beef for ground turkey or chopped portobello mushrooms for vegan.

DIRECTIONS:

Use a spiralizer (hand or food processor) to make your zucchini noodles. Place on a towel and soak up extra moisture. Set aside.

In a large sauté pan, add 1 tablespoon of olive oil, onion and ground beef or turkey and chop until onions are nearly clear and meat is fully cooked. Drain if needed.

NOTE: For vegan, substitute meat for finely chopped portobello mushrooms. Cook onion first for 10 minutes then add mushrooms until soft.

Add chopped garlic, zucchini, and salt and pepper to taste. Sauté for 5 minutes or until zucchini shows a bright green color.

Turn heat to medium. Slowly stir in tomato sauce, tomato paste and herbs and spices of your choosing.

(Personal recommendations: Basil, oregano, rosemary, parsley, paprika)

Bring sauce to a just boil then turn heat to low and simmer covered for 10 minutes, stirring occasionally.

Season with salt and pepper to taste one more time before serving. Top with grated Romano cheese.

NOTES:

-Zoodles are available for store bought if you choose. Use caution on added ingredients such as preservatives and color enhancers.

-For sweeter sauce, add a dash of maple syrup.

-For added healthy fats, drizzle with Extra Virgin Olive Oil.

-Have fun with the herbs and spices and use what you have!