

# One Pan Spaghetti

**Yield** 10 servings

## Ingredients

1 pound	ground beef (lean)
1	onion (medium, chopped)
3 1/2 cups	water
1 can	tomato sauce (15 ounces)
2 teaspoons	dried oregano
1/2 teaspoon	sugar
1/2 teaspoon	garlic powder
1/2 teaspoon	rosemary
1/4 teaspoon	pepper
2 cups	spaghetti noodles (broken)
1 cup	Parmesan cheese (shredded)

## Instructions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers with in 2-3 hours.

## Cost

Per recipe: \$7.25

Per serving: \$0.73

## Source

Oregon State University Cooperative Extension Service, [Healthy Recipes](#)

## Notes

For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.

Nutrition Facts	
Serving Size 1 cup (239g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 220	<b>Calories from Fat</b> 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 13g	
Vitamin A 6%	• Vitamin C 6%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	