

ONE SKILLET SPAGHETTI

Serves: 4-6

INGREDIENTS:

1 lb lean ground beef (to make it vegetarian substitute 4 cups (2 - 227 gram packages) mushrooms, diced)

1 tsp salt

¼ cup diced onion

1 Tbsp minced garlic

1 carrot, shredded

28 ounce can San Marzano tomatoes (broken up with your hands)

2 cups fresh spinach

Pinch red pepper flakes

½ tsp dried oregano

2 cups water

8 oz of spaghetti (1/2 of a 454 gram box)

Fresh parsley for garnish

Grated parmesan for serving (optional)

Freshly ground pepper

DIRECTIONS:

1. Heat a large deep skillet over medium-high heat. Add the beef (or mushrooms if making vegetarian version) and salt and cook for about 3 minutes or until beef is browned.
2. Add the onion, garlic and carrot and cook for 3 more minutes.
3. Add the broken up tomatoes, fresh spinach, red pepper flakes and oregano. Stir well.
4. Pour in 2 cups of water and add spaghetti, making sure that the liquid covers everything.
5. Cover and cook over medium-low heat for about 12-15 minutes or until most of the water is absorbed and the pasta is cooked through. Stir once or twice to make sure that pasta isn't clumping.
6. Serve topped with fresh parsley, grated parmesan cheese and freshly ground pepper if desired.