



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Beef**



**Onion**



**Garlic**



**Mushroom**



**Tomato**



**Honey**

# Spaghetti with Meat or Tomato Sauce

By Jenny & Rosie

Serves 4-6

## Ingredients

- |                  |                                      |
|------------------|--------------------------------------|
| 1 Tbsp (15 mL)   | Olive oil                            |
| 1 lb (454 g)     | Lean <b>ground beef</b>              |
| 1 small          | <b>Onion</b> , minced                |
| 1 small          | <b>Carrot</b> , grated               |
| ¼ lb (115 g)     | <b>Mushrooms</b> , minced            |
| 2 cloves         | <b>Garlic</b> , minced               |
| 1 × (796 mL) can | Crushed <b>tomatoes</b>              |
| 1 × (156 mL) can | <b>Tomato paste</b>                  |
| 1 Tbsp (15 mL)   | <b>Honey</b> or sugar                |
| 4 tsp (20 mL)    | Dried basil*                         |
| 2 tsp (10 mL)    | Dried oregano*                       |
| 1 tsp (5 mL)     | Dried thyme* (optional)              |
| 1 tsp (5 mL)     | Dried parsley or savoury* (optional) |
| 1 tsp (5 mL)     | Salt                                 |
| ½ tsp (3 mL)     | Baking soda (optional)               |
| 3 Cups (750 mL)  | Water                                |
| 1 lb (454 g)     | Whole wheat spaghetti                |
| 2 Tbsp (30 mL)   | Grated parmesan cheese (to serve)    |

\*Note: You may substitute 2 Tbsp (30 mL) dried basil and 1 Tbsp (15 mL) dried oregano, or simply use 3 Tbsp (45 mL) Italian seasoning blend.

## Directions

*Note:* Wash all produce well.

1. Pour the olive oil into a large heavy pot on medium heat. Add the ground beef, onions, carrots, mushrooms and garlic and sauté until the vegetables are soft and golden brown, about 15 minutes.
2. Add crushed tomatoes, tomato paste, honey or sugar, basil, oregano, optional thyme and parsley, salt, baking soda and water.
3. Reduce the heat to low and simmer for about 30 minutes until sauce is thickened. Keep warm over low heat. Add water to thin if necessary.
4. In the meantime, bring a large pot of water to a boil and add the salt. Add the spaghetti, stirring to make sure the pasta doesn't stick together. Boil until tender, then drain.
5. Combine the pasta with the sauce or serve the pasta and sauce separately. Top each serving with a spoonful of Parmesan cheese.



## Create Your Plate!

### Veg It Up

Add finely chopped celery, zucchini, peppers, sweet potato, spinach or kale in Step 1 for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Pea shoots**
- ★ **Broccoli** - cooked
- ★ **Zucchini** - cooked
- ★ **Tomato** - diced
- ★ **Spinach** - fresh
- ★ **Green onion** - chopped
- ★ **Peppers** - diced
- ★ **Mushrooms - sliced**
- ★ **Olives** - sliced
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Diced chicken** (if serving just tomato sauce)

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Pea Shoots



Broccoli



Cauliflower



Tomato



Spinach



Green Onion



Pepper



Mushroom



Basil



Cheese



Fruit



Chicken