

SPAGHETTI WITH BEEF & BELL PEPPERS

Yield: 6-8 servings | Total Preparation Time: 30 minutes



Ingredients

- 8 ounce spaghetti or pasta of your choice (whole wheat preferred)
- 1 pound lean ground beef
- 4 large bell peppers, thinly sliced
- 2 8 ounce cans pasta sauce
- 1/2 white onion, thinly sliced
- 1 tablespoon olive oil
- 3/4 cup Parmesan cheese
- 2 cloves garlic, minced
- 1/2 teaspoon Italian seasoning
- Salt and freshly ground black pepper, to taste

Instructions

1. Cook the pasta according to package instructions
2. Drain the pasta. Set pasta aside.
3. In a large skillet, heat oil over medium-high heat. Add garlic and cook for 1 minute and then add ground beef. Use a wooden spoon to break apart meat and continue cooking approximately 8-10 minutes until browned.
4. Add salt, pepper and Italian seasoning. Stir until well incorporated.
5. Add onions and bell peppers and cook for 3-4 minutes.
6. Add pasta sauce and reduce heat.
7. Add additional salt and pepper if needed.
8. Serve over pasta. Top with Parmesan cheese and serve immediately.



Red peppers tend to be the most nutrient packed since they have more time to grow on the vine. They contain almost 11 times more beta-carotene and 1.5 times more vitamin C than the green.

