



Spaghetti with Meat Sauce

Ingredients

- 1 pound extra-lean ground beef**
- 1 28-ounce can no-salt-added diced tomatoes, undrained**
- 2 small zucchini, diced**
- 1 6-ounce can no-salt-added tomato paste**
- 1 medium onion, chopped**
- 1/2 cup dry red wine (regular or nonalcoholic)**
- 1 1/2 teaspoons chopped fresh oregano or 1/2 teaspoon dried, crumbled**
- 1 1/2 teaspoons chopped fresh basil or 1/2 teaspoon dried, crumbled**
- 1 medium garlic clove, minced**
- 1/2 teaspoon fennel seeds**
- 1/8 teaspoon pepper**
- 24 ounces dried whole-grain spaghetti**

Directions

In a large saucepan, cook the beef over medium-high heat for 3 to 4 minutes, or until browned on the outside and no longer pink in the center, stirring frequently to turn and break up the beef. Drain if necessary. Wipe the pan with paper towels. Return the beef to the pan.

Stir in the remaining ingredients except the pasta. Simmer, covered, for 1 hour 30 minutes, stirring occasionally. If the sauce seems too thick, gradually add water until the desired consistency.

Meanwhile, prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Serve topped with the sauce.

Servings: 12

Source: "American Heart Association Low-Salt Cookbook, 4th ed."
(AHA)