

Zoodles With Ground Beef and Tomato Sauce

Makes 4 servings

Ingredients

- 1 pound 93%-lean ground beef
- ½ cup diced onion
- 4 cloves garlic, minced
- 1 14.5-ounce can petite diced tomatoes, undrained
- ¼ cup low sodium beef broth
- 3 tablespoons no salt tomato paste
- ¼ cup fresh basil leaves, chopped
- ½ teaspoon crushed red pepper flakes
- 2 tablespoons fresh oregano leaves, removed from stem
- 1 tablespoon fresh thyme leaves, removed from stem

Directions

1. Heat a large skillet on stovetop to medium-high.
2. Add ground beef, onion, and garlic. Cook 5-7 minutes until no pink is seen.
3. Add diced tomatoes, beef broth, tomato paste, basil, crushed red pepper flakes, oregano and thyme. Bring to boil and turn down heat to a low simmer, uncovered for 25 minutes, stirring occasionally.
4. In the last few minutes of the sauce (step 3) heat oil in another skillet over medium-high heat. Add the zoodles and black pepper.

(directions continued on back)



MAIN DISH



Directions (continued)

5. Using a pair of tongs toss the zoodles, 1-2 minutes. Make sure not to overcook. The zoodles should still have some crunchiness
6. Serve ¾ cup sauce over 1 cup zoodles. Enjoy!

*Option not included in nutrition facts.

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 1 cup zoodles topped with ¾ cup tomato sauce (520g)
Servings Per Container 4

Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 30g	
Vitamin A 25%	Vitamin C 100%
Calcium 10%	Iron 30%
*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	

Carb choices per serving: 1