



Tomato Garlic Beef Spaghetti

with Sweet Peppers

30 Minutes



Ground Beef



Spaghetti



Sweet Bell Pepper



Zucchini



Yellow Onion



Italian Seasoning



Soy Sauce



Crushed Tomatoes



Parmesan Cheese,
grated



Garlic Salt

HELLO SOY SAUCE

The secret to adding oomph to a simple meat sauce!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, slotted spoon, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spaghetti	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Yellow Onion	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Crushed Tomatoes	370 ml	796 ml
Parmesan Cheese, grated	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Core, then cut **pepper** into ½-inch pieces. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).



Cook spaghetti

Meanwhile, add **spaghetti** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Drain and return **spaghetti** to the same pot, off heat.



Cook beef

Heat a large non-stick pan over medium-high heat. When hot, add **beef** to the dry pan. Break up **beef** into smaller pieces, then add **onions**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min. ** When **beef** is done, remove the pan from heat. Using a slotted spoon, transfer **beef mixture** to a plate. Carefully discard all but **½ tsp fat** (dbl for 4 ppl) from the pan.



Make sauce

Meanwhile, add **beef mixture**, **crushed tomatoes** and **soy sauce** to the pan with **veggies**. Bring to a boil. Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **sauce** thickens slightly, 7-8 min.



Cook veggies

Heat the pan with **reserved fat** over medium. When hot, add **peppers** and **zucchini**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min. Add **garlic salt** and **Italian Seasoning**. Season with **pepper**. Cook, stirring often until fragrant, 1 min.



Finish and serve

Add **spaghetti** to the pan with **sauce**, then toss to coat. (**NOTE:** For 4 ppl, add sauce to the pot with spaghetti, then toss to coat.) Divide **tomato garlic beef spaghetti** between bowls, then sprinkle **Parmesan** over top.

Dinner Solved!