



Zucchini Noodles with Meat Sauce

(Prep time 10 mins)
(Cook time 20 mins)
(Yield 4 servings)

METHOD

- Set up your spiralizer. Send all 4 zucchinis through the spiralizer to make zoodles (zucchini noodles). Set aside.
- Mix about $\frac{1}{2}$ cup of liquid from the diced tomatoes with the tomato paste in a small bowl and set aside.
- Add olive oil to a skillet and heat, add ground beef to the skillet and break it apart with a spatula.
- Add diced onions and peppers to the skillet, cook until beef is no longer pink and onions turned slightly golden in color.
- Add tomato paste, diced tomatoes, oregano and stir. Cook on medium heat till it simmers.
- Pour meat sauce over zoodles. The hot meat sauce will soften the zoodles slightly. Enjoy!

4 medium zucchini
1 Lb lean ground beef (95% lean)
1 Tbsp olive oil
3 Tbsp diced bell peppers
1/2 cup diced yellow onions
1 can (6oz) tomato paste
2 cans (14.5oz) diced tomatoes
 $\frac{1}{2}$ tsp oregano
Pepper to taste

Cooking
Life
WITH CHEF RAY NUTTIE

Nutrient analysis for 1 serving: Calories 228,
Carbohydrates 13g, Total Fat 7g, Saturated Fat 2g,
Sodium 254mg.

This recipe does not adhere to Kosher guidelines.