

Choco Fever Dream

Spaghetti Meat Sauce – Quick & Easy

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Sauce

- [ ] 1 lb ground beef
- [ ] 1 medium onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 28 oz canned crushed tomatoes
- [ ] 1/2 cup beef broth
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] 1/2 tsp sugar (optional)
- [ ] Salt and pepper to taste
- [ ] Fresh basil leaves for garnish

Pasta

- [ ] 12 oz spaghetti
- [ ] Salt for pasta water

Instructions

1. Bring a large pot of salted water to a boil for the spaghetti; set aside.
2. In a wide skillet, heat olive oil over medium heat, add onion and sauté until translucent, then stir in garlic and cook for a minute.
3. Add ground beef, breaking it up with a wooden spoon; brown until fully cooked and lightly browned, then deglaze with beef broth.
4. Stir in crushed tomatoes, oregano, dried basil, and sugar; simmer gently for 15-20 minutes, stirring occasionally.
5. Season with salt and pepper, toss cooked spaghetti into the sauce, and let it coat for a minute.
6. Serve hot, garnished with fresh basil leaves and a drizzle of olive oil.

Nutrition per serving

420 kcal	28 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a splash of pasta water.
- For a richer flavor, let the sauce rest off heat for 5 minutes before serving.
- You can incorporate a handful of grated Parmesan into the sauce for extra depth.