



Long Livo

Spaghetti Meat Sauce – Quick & Easy

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

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

Calories

28 g

Protein

45 g

Carbs

15 g

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.