
One-Skillet Spaghetti

The Essential Southern Living Cookbook

Servings: 6

Start to Finish Time: 1 hour 15 minutes

1 pound ground beef
1 large onion, chopped
2 cloves garlic, minced
1 can (8 ounce) tomato sauce
1 can (6 ounce) tomato paste
3 cups tomato juice
1 cup water
1 teaspoon table salt
1 teaspoon sugar
2 to 3 teaspoons chili powder
1 teaspoon dried oregano
dash black pepper
1 package (7 ounce) spaghetti, uncooked
grated Parmesan cheese
fresh Italian parsley sprigs (for garnish)

In a Dutch oven, cook the ground beef, onion and cloves, stirring until the beef crumbles and is no longer pink. Drain well.

Stir the tomato sauce, tomato paste, tomato juice, water, table salt, sugar, chili powder and oregano into the beef mixture in the pan. Bring to a boil. Cover. Reduce the heat. Simmer, stirring often, for 30 minutes.

Add the pasta. Cover and simmer, stirring often, for 20 minutes or until the pasta is tender.

Serve with cheese. Garnish if desired.

Pasta

Per Serving (excluding unknown items): 358 Calories; 21g Fat (51.7% calories from fat); 17g Protein; 27g Carbohydrate; 5g Dietary Fiber; 64mg Cholesterol; 1327mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.