

# Ultimate Spaghetti and Meatballs

United Healthcare RENEW Magazine

## Servings: 2

*1 cup fresh button or cremini mushrooms, quartered*  
*1/2 cup sweet onion, thinly sliced*  
*1/3 cup red or yellow sweet pepper, cut into thin bite-size strips*  
*6 one-ounce refrigerated Italian-style cooked turkey meatballs*  
*1 can (8 ounce) no-salt-added tomato sauce*  
*2 tablespoons no-salt-added tomato paste*  
*1 teaspoon dried Italian seasoning, crushed*  
*2 cloves garlic, minced*  
*1 1/2 ounces dried multigrain spaghetti*  
*fresh basil leaves (optional)*

## Preparation Time: 25 minutes

### Slow Cooker: 5 hours

In a 1-1/2- or 2-quart slow cooker, combine the mushrooms, onion and sweet pepper. Top with the meatballs.

In a small bowl, combine the tomato sauce, tomato paste, Italian seasoning and garlic. Pour over the contents of the cooker.

Cover and cook on LOW setting for four to five hours or on HIGH setting for two to two and one-half hours. If no heat setting is available, cook for three to three and one-half hours.

Cook the spaghetti according to package directions; drain.

To serve, divide the spaghetti between serving plates. Top with the meatball mixture. If desired, garnish with basil.

Per Serving (excluding unknown items): 21 Calories; trace Fat (4.6% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.

Pasta, Slow Cooker

## Per Serving Nutritional Analysis

Calories (kcal):	21	Vitamin B6 (mg):	.1mg
% Calories from Fat:	4.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.1%	Riboflavin B2 (mg):	trace

**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 2mg  
**Potassium (mg):** 75mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Folacin (mcg):** 8mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

**Calories** 21 **Calories from Fat:** 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	4%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		6%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.