



**PREP: 15 MINUTES**

**COOK: 25 MINS**

**DIFFICULTY: MEDIUM**

*Serves 2-4 family members*

## INGREDIANTS

- 2 TABLESPOONS OLIVE OIL
- 1 LARGE ONION, FINELY CHOPPED
- 500G GROUND BEEF
- 1-2 TABLESPOONS DRIED OREGANO
- 1 CAN OF CRUSHED OR PUREED TOMATOES
- 1 CLOVES GARLIC, CHOPPED
- 2 TABLESPOONS TOMATO PASTE
- SALT AND PEPPER, TO TASTE
- ½ POUND SPAGHETTI

### STEP 1:

START BY HEATING THE OLIVE OIL IN A LARGE PAN OVER MEDIUM HEAT. ADD THE CHOPPED ONIONS AND SAUTÉ UNTIL LIGHTLY GOLDEN, 2 TO 3 MINUTES. THEN ADD THE GARLIC AND FRY ANOTHER MINUTE

### STEP 2:

PLACE A POT  $\frac{3}{4}$  FILLED WITH WATER ONTO BOIL. ONCE BOILING TURN DOWN TO A SIMMER THEN ADD A SMALL AMOUNT OF SPAGHETTI AND A PINCH OF SALT.

### STEP 3:

ADD THE GROUND BEEF THEN FRY UNTIL FULLY COOKED WITH NO PINK SHOWING AT ALL IN THE MEAT. THEN ADD YOUR SAUCE AND MIX WITH THE MEAT.

### STEP 4:

ADD CHOPPED TOMATOES, PARSLEY, AND SEASON WITH SALT AND PEPPER.

### STEP 5:

SIMMER 15 MINUTES IN THE MEANTIME, COOK THE SPAGHETTI. DRAIN AND SERVE TOPPED WITH THE SAUCE AND CHEESE (IF USING).

