



CNP Meat Sauce Spaghetti

Makes 4 cups | 4 servings | Protein | Grains | Vegetables

Ingredients

- 2 cups *CNP Meat Sauce*
- 2 teaspoons Italian Seasoning
- 4 cups whole-wheat spaghetti, cooked

Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Make spaghetti according to package directions. Drain.
3. Combine *CNP Meat Sauce* and seasoning in a small saucepan.
4. Heat through and serve over hot spaghetti noodles.

Variations

Make it Spicy- Add chopped jalapeño pepper or red pepper flakes while cooking.

Add Greens- Add 1 cup spinach, chard or other greens to cook down with *CNP Meat Sauce* while cooking.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

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