

Low-fat Spaghetti Sauce

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Ingredients

1 lb. lean ground beef
3 cloves garlic – minced
1 med. onion – minced
1/2 med. green bell pepper – seeded, minced
1/2 cup sliced fresh OR canned mushrooms
2 cups chopped fresh tomatoes with juice
6 oz. can tomato paste
1 tsp. granulated sugar
1 beef bouillon cube
2 tsp. minced fresh basil OR 1 tsp. dried basil
2 tsp. minced fresh oregano OR 1 tsp. dried oregano
1/2 tsp. salt

Directions

In a large saucepan over medium-high heat, brown beef, breaking it up as it cooks; fold in garlic, onion, pepper, and mushrooms and sauté, stirring often, until vegetables are soft.

Stir in remaining ingredients and simmer until hot throughout.