

Zucchini Noodle Spaghetti and Meat Sauce

Prep Time = 30 min	Cook Time = 60 min	Total Time = 90 min	Servings = 2 to 4
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Ingredients:

Meat Sauce

- 1 Pound Grass-Fed Beef
- 1 Onion Organic Chopped
- 2 Cloves Garlic Minced
- 2 Cans Organic Tomato Sauce (28 oz Total)
- 1 Can Organic Tomato Paste (6 oz)
- 2 Tablespoons Oregano
- 1/2 Teaspoon Honey from Local Farmer
- 3 Fresh Basil Leaves Ground
- 1 Fresh Bay Leaf Ground
- 1 Teaspoon Dried Thyme
- 1/4 Cup White Wine
- 1 Teaspoon Extra Virgin Olive Oil

Noodles

- 2 Zucchini Organic
- 3 Teaspoons Extra Virgin Olive Oil

Directions:

1. You're going to be making the meat sauce first as it's going to take around 60 minutes to cook.
2. You'll then work on getting the noodles ready and begin cooking those as the noodles will cook for only 5 minutes or so. You'll want to time this properly so the noodles are nice and hot when ready to eat.
3. To start the meat sauce, saute your onions using 1 teaspoon of extra virgin olive oil in a large pan. Use medium heat and saute until onions are tender.
4. Once onions are tender, add the 2 cloves of minced garlic and the 1 pound of ground beef. Continue cooking and stirring the mixture until the beef is browned.
5. Once beef is browned, you can add all of the rest of the meat sauce ingredients. Stir in all ingredients and decrease heat to low.
6. Allow meat sauce to simmer for approximately 1 hour while stirring a few times during this 1 hour time period.
7. While meat sauce is finishing up, begin preparation of zucchini noodles by washing and cleaning zucchini first.
8. Use a vegetable spiralizer to turn the zucchini into noodles. Don't peel the zucchini so you're getting all of the nutritional benefits from the skin too.
9. Use another pan and saute the zucchini noodles over medium heat with 2 teaspoons of extra virgin olive oil. Now you have 1 pan of meat sauce cooking over low heat and your zucchini noodles in another pan cooking over medium heat.
10. Cook the zucchini noodles until tender.
11. When ready to serve, place the hot zucchini noodles on the serving plates first and drizzle a small amount of extra virgin olive oil over the noodles. Then top with the warm meat sauce mixture.

12. Thoroughly enjoy this amazing healthy recipe. There are so many health benefits within this recipe plus muscle building and fat loss benefits as well.

13. Thank God for giving you the ability to cook this meal. Also thank Him for all the amazing food He has given us on this earth to keep us healthy. Pray and ask Him to nourish your body and heal your body of any issues. Pray for others close to you and pray for a random person not so close to you.

Nutrition Facts

Serving Size 1853 g

Amount Per Serving**Calories** 1603 **Calories from Fat** 608**% Daily Value*****Total Fat** 68g 105%

Saturated Fat 21g 104%

Trans Fat 3g

Cholesterol 268mg 89%**Sodium** 568mg 24%**Total Carbohydrate** 138g 46%

Dietary Fiber 30g 120%

Sugars 78g

Protein 108g

Vitamin A 167% • Vitamin C 371%

Calcium 52% • Iron 154%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	8364 IU	167%
Vitamin C	223 mg	371%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~27.5 mg	~137%
Vitamin K	~165 mcg	~206%
Thiamin	1.1 mg	72%
Riboflavin	1.9 mg	114%
Niacin	35.9 mg	180%
Vitamin B6	4.1 mg	206%
Folate	288 mcg	72%
Vitamin B12	8.3 mcg	139%
Pantothenic Acid	~3.5 mg	~35%
Choline	~479 mg	
Betaine	~34.2 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	524 mg	52%
Iron	27.7 mg	154%
Magnesium	411 mg	103%
Phosphorus	1326 mg	133%
Potassium	7287 mg	208%
Sodium	568 mg	24%
Zinc	24.8 mg	165%
Copper	2.8 mg	141%
Manganese	3.2 mg	158%
Selenium	81.0 mcg	116%
Fluoride	~186 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	1603 (6711 kJ)	80%
From Carbohydrate	523 (2190 kJ)	
From Fat	608 (2546 kJ)	
From Protein	430 (1800 kJ)	
From Alcohol	41.8 (175 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	108 g	216%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	138 g	46%
Dietary Fiber	30.0 g	120%
Starch	~0.4 g	
Sugars	~77.6 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	68.0 g	105%
Saturated Fat	20.7 g	104%
Monounsaturated Fat	33.2 g	
Polyunsaturated Fat	5.1 g	
Total trans fatty acids	~3.2 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	966 mg	
Total Omega-6 fatty acids	3980 mg	

Your Notes: