

# Spaghetti with Meat Sauce

## Ingredients

- 2 onions
- 1 green pepper
- 1 lb lean ground beef
- 1 can of pasta source (680ml) - Unico Original Thick and Tasty

## Instructions

- cut onions into cubes
- cut green pepper into cubes
- cook onions and green peppers in frying pan on med-low until onions are soft. Add a dash of olive oil if needed.
- set aside the onions and peppers
- cook ground beef in frying pan until almost cooked. Break into smaller pieces. Drain excess grease.
- combine onions, green peppers, ground beef and pasta sauce in pan and mix.
- simmer on low until heated throughout.
- serve on top of spaghetti or other noodles.

## Sides

- garlic toast