



Spaghetti Sauce & Noodles

SERVINGS: 4

PREPPING TIME: 7 MIN

COOKING TIME: 10 MIN

**TIME SAVER

FOOD BANK ITEM: CANNED SPAGHETTI SAUCE



Ingredients

- 2 Tbsp. olive oil
- 1 medium onion (finely diced)
- 4 garlic cloves (minced)
- 1 tsp. Italian seasoning
- 24 oz. can of spaghetti sauce
- 1/4 cup stock (broth, or water)
- salt & pepper
- 1 pinch crushed red pepper flakes
- fresh parsley (or basil, to garnish, optional)
- 1 pack of spaghetti noodles

Directions

1. Pour olive oil into pan and set heat on low
 - a. Add the diced onion, minced garlic, Italian seasoning
2. Let ingredients simmer in the pan until the onions are translucent
3. **Add in one can of plain spaghetti sauce and stir
4. Add stock or broth to sauce and continue stirring
 - a. Add salt, pepper, and chili flakes to taste
 - b. Add dried or fresh parsley and/or basil
5. Simmer all ingredients for 5-7 minutes and remove from heat

Separately

1. Boil water and add teaspoon of olive oil and salt into water
2. Add 1 pack of spaghetti pasta in water and cook for 5-7 minutes or until al dente (so pasta is cooked and is neither crunchy nor too soft – has a little texture to the bite)
3. Pour off water and pour spaghetti into sauce in pan
4. Mix all together, sprinkle parmesan into dish and serve

