

Low Carb Spaghetti



Ingredients

For 1-2 servings

- Package NuPasta (*Konjac Spaghetti*)
OR any low carb spaghetti noodles
- 175g Extra-Lean Ground Beef
- 185g Classico Di Parma Pasta Sauce
(4 cheese is really good)
- ¼ tsp Pink Himalayan Salt
- ¼ tsp Ground Black Pepper
- ¼ tsp Onion Powder
- ¼ tsp Garlic Powder
- 1 tsp Extra-Virgin Olive Oil (for Pan)

Directions

1. Cook ground beef on large frying pan (use olive oil if needed)
2. Add spices to the ground beef and break up into small pieces
3. Drain NuPasta noodles and rinse well.
4. Add noodles to the pasta sauce and continue to cook on medium heat for additional 5-10 minutes.
5. Top with parmesan cheese (optional)

**Read pasta sauce labels, look for low sugar options with simple ingredients

