



Spaghetti with Spaghetti Squash

A wonderful gluten free recipe, with all the flavor that you love from a spaghetti dish. All very easy to make by preparing the meat sauce in a slower and coming home to an almost ready meal!

Prep Time: 10 min.

Cook Time: 6 hours 10 min.

Ready In: 6 hrs. 20 min.

Serving Size: 8 servings

Ingredients

- ✓ 1 lbs. Italian sausage
- ✓ 1 lbs. 93% lean ground beef
- ✓ 24 oz. can of Hunts Pasta Sauce
- ✓ 16 oz. baby Portobello mushrooms (optional)
- ✓ 1 spaghetti squash
- ✓ 1 tbsp. butter
- ✓ Other desired spices (optional)

Directions

1. Put Italian sausage, ground beef, pasta sauce, and mushrooms in a slow cooker and mix together. (Optional) you can add other desired spices to suit your taste such as oregano, basil, cumin, etc.
2. Set the slow cooker to low and allow mixture to cook for at least 6 hours, or until meat is fully cooked.
3. During the last hour before slow cooker meat sauce is done, preheat the oven to 350 degree Fahrenheit. Cut the spaghetti squash in half lengthwise and clean out the seeds. Add ½ tablespoon of butter to each of the squash halves.
4. Once oven is at 350 degree, place squash in a pan and cook for roughly 30 minutes. When done, scoop out squash insides and add to slow cooker. Mix in with the meat sauce, allow this mixture to heat for another 10 minutes and serve.

Nutrition

Amount per serving

- ❖ Calories: 282
- ❖ Total Fat: 16 g
- ❖ Total Carbs: 10 g
- ❖ Protein: 22 g
- ❖ Cholesterol: 67 mg
- ❖ Sodium: 886 mg
- ❖ Potassium: 353 mg