



Spaghetti Recipe

Preparation Time	10
Cooking Time	22
Serving Size	9

Ingredients:

- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 3/4 cup onion, red, chopped
- 360 g beef, ground, lean
- 1 pouch DEL MONTE Creamy & Cheesy Spaghetti Sauce (900g)

- 2/3 pack DEL MONTE Spaghetti (900g), cooked as per package direction

Preparation:

1. Sauté garlic for 2 minutes.
2. Add onion and sauté for another 3 minutes or until translucent.
3. Add ground beef and cook until brown.
4. Add DEL MONTE Creamy & Cheesy Spaghetti Sauce and let simmer.
5. Pour over and mix with cooked DEL MONTE Spaghetti.

Chef's Tip

Brown the beef well to develop a richer and meatier taste in the sauce.

Lusog Notes

Pasta is a good source of carbohydrates that provide energy for the body. This Spaghetti with Ground Beef dish is also rich in protein, which is essential for growth, development and the repair of body tissues.

Cooking Skills Needed

- Browning

Cooking Tools

- Colander