

Real Food Spaghetti



Ingredients

- ✓ 1 Tablespoon olive oil
(cold-pressed, extra virgin if possible)
- ✓ 6 cloves garlic, minced
- ✓ 1 yellow onion, chopped
- ✓ 4 carrots, sliced
- ✓ 1 cup mushrooms, sliced
- ✓ 2 bell peppers, chopped
- ✓ 1 pound ground beef
(grass-fed, organic if possible)
- ✓ 2 tomatoes, chopped
- ✓ ½ teaspoon sea salt
- ✓ ¼ teaspoon black pepper
- ✓ ¼ teaspoon sweet paprika
- ✓ ½ cup fresh basil, chopped
- ✓ 6 zucchinis
- ✓ ¼ cup fresh Italian parsley, chopped

Directions

In a heavy-bottomed pot, place the olive oil over medium-high heat. Add the garlic, onion, carrots, mushrooms and bell peppers. Cook, mixing occasionally until the vegetables are soft.

Add the ground beef. Mix as the beef cooks. Once the meat has browned, add the tomatoes, spices and fresh basil. Mix well and simmer for 10 minutes.

Wash the zucchini. Use a vegetable peeler to create long, flat noodles. Stop when you get to the seedy middle part of the zucchini.

Plate the zucchini noodles and top with warm beef spaghetti sauce. Sprinkle with chopped parsley. Enjoy!

*Note: I use a regular vegetable peeler to create the noodles, you could also try a veggie spiralizer.