

Zack's Keto Spaghetti Meat Sauce

Makes approx (10) ½ cup servings

Prep time: 5 minutes

Cook time: 50 minutes

Be sure to check out our step by step video at:

<https://youtu.be/btSGb0FswN4>



You will need:

- 1 lb (454g) lean ground beef
- 2 - 28oz (796ml) can plum tomatoes
- 5.5oz (156ml) can tomato paste
- 3 cloves garlic grated
- 1 small onion (approx 2.5 oz or 70g)
- 2 tsp Monkfruit granular sweetener (or sweetener of your choice)
- 2 tsp black pepper
- 1.25 tsp salt
- 1.25 tbsp dried basil
- 1 tbsp dried parsley
- 1 tbsp dried oregano
- 1 tbsp Italian seasoning
- 2 tsp chili powder
- 2 tsp paprika
-

*Serve on your favorite Keto friendly pasta alternative such as baked spaghetti squash or konjac noodles.

*Tip: Pre-portion servings and freeze for future use.

**Note: This recipe has been modified from the original recipe shown in the video. A second can of tomatoes and additional spices have been added to make it slightly less thick.

Macros (sauce only):

½ cup sauce: **Calories:151.0**

Protein:10.9g

Fat:7.5g

Net Carbs:9.6g

Preparation

1. Grate garlic cloves and dice onions, put aside.
2. Blend the cans of tomatoes until smooth, add in the can of tomato paste and mix well, put aside.
3. In a large pot over medium low heat, brown the ground beef and remove the fat.
4. Add the garlic, onions, salt, pepper, italian seasoning, paprika and chili powder to the meat and cook, stirring regularly for 5 minutes.
5. Add the tomato sauce to the meat mixture and mix well.
6. Add the sweetener, basil, parsley and oregano, mixing well.
7. Reduce heat, cover and simmer for 30 minutes, stirring regularly.