

Portabella Mushroom Spaghetti

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Portabella mushrooms pair well with beef. They have a beefy flavor that really adds to this dish. This healthy recipe contains lean ground beef that is lower in fat and a healthy pasta choice in whole grain or wheat.



1 pound lean ground beef
1/2 cup diced yellow onion
2 gloves minced garlic, fresh or from a jar
8 ounce package sliced portabella mushrooms
half pound whole grain or wheat spaghetti
26 ounce jar of your favorite Marinara sauce
1 tablespoon fresh thyme, chopped
1 tablespoon fresh basil, chopped
Garnish is fresh parmesan cheese
Serve with your favorite vegetable or side salad

You can do a lot of the prep for this recipe while the beef is browning. Heat a large skillet over medium heat. Add the ground beef, breaking it up as you go. Cook until the meat browns and remove it with a slotted spoon onto layers of paper towels. Do not drain the meat juices out the pan. Add the onions to the pan and cook for 3 minutes. Add the garlic and mushrooms and cook for 5 minutes, then drain the juices.

Cook the pasta according to package directions in salted water. Drain when cooking time is complete. It's also a good time to start preparing your side vegetable or salad, or both.

Reduce the heat slightly and return the meat to the pan. Slowly add the marinara sauce to the mixture because if the pan is too hot, the sauce will splatter. Add the fresh herbs and cover the pan. Let this simmer covered until the pasta is done.

During this time, make your side salad or vegetable.

You can serve this in 2 different ways. One, put pasta noodles in one bowl and the sauce in another and let people plate their own with as much pasta and sauce as they like. Or two, mix the pasta and sauce together in a large bowl and fill your plates from there. Have parmesan cheese available to sprinkle on top.

Enjoy!