

# Healthy Harvest® Pasta Sauce Southwest Tomato Spaghettini

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4



*Take your favourite taco night ingredients and toss them with spaghettini for the perfect weeknight meal.*

## Ingredients

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1 jar (570 mL)	<b>Healthy Harvest® Pasta Sauce, Tomato and Basil</b>
1 tbsp (15 mL)	canola oil
8 oz (250 g)	lean ground beef
1	onion, thinly sliced
1/2	each red and green bell pepper, thinly sliced
3 tbsp (45 mL)	Tex-Mex seasoning blend
1 box (375 g)	<b>Catelli Smart® Spaghettini</b> , cooked and drained
3/4 cup (175 mL)	shredded Tex-Mex cheese blend
1/4 cup (60 mL)	chopped green onion

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## Instructions

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1. Heat the oil in a large, nonstick skillet set over medium-high heat. Crumble in the ground beef and cook for 5 minutes or until browned. Add the onion, red pepper and green pepper. Cook for 5 minutes or until softened.
  2. Stir in the seasoning blend; cook for 1 minute. Stir in the pasta sauce. Simmer for 10 minutes or until slightly reduced. Toss the sauce mixture with the cooked spaghettini. Garnish each serving with cheese and green onion.
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Tip: The sauce mixture is hearty enough to serve with tortillas shells and traditional garnishes for a fun family taco night.

Nutritional Information per serving:

474 calories, 13 g fat, 4 g saturated fat, 26 mg cholesterol, 821 mg sodium, 68 g carbohydrates, 11 g fibre, 10 g sugar, 22 g protein.



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