

# Recipe



## Iron-Rich Pasta (with a kick)!

6 Servings

### Ingredients

454 g	whole wheat pasta (dry measure)
454 g	ground beef, extra lean (raw weight)
12 ounce	tomato, red, ripe, canned, diced, *no added salt
1 cup	tomato sauce, *no added salt
4 clove	garlic, raw, crushed
1 large	onion, raw, diced
1 cup pieces	mushroom, raw, cremini
1 tbsp	sauce, worcestershire, ready-to-serve
3 cups	arugula, raw, chopped
1 tsp	red pepper flakes
1 tbsp, ground	spices, basil, dried, or italian seasoning
1 dash	black pepper

### Directions

1. Bring pot of water to boil for pasta, and cook according to package directions.
2. Spray skillet/pan with olive oil spray and brown ground beef in a skillet or pan, and drain fat when done.
3. Toss in onions, mushrooms, and garlic in same pan with beef and cook on medium heat until onions are translucent, about 5 min.
4. Add tomatoes, Worcestershire sauce and tomato sauce, cook for 5 min, or until heated through.
5. Add in arugula and stir until mixed in.
6. Add rest of spices, and simmer for 10 or 15 minutes.
7. Can add water or more diced tomatoes to reach desired consistency.
8. Serve over pasta

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	432
FAT (g)	7.19
SATURATED FAT (g)	2.627
TRANS FAT (g)	0.199
CHOLESTEROL (mg)	42
SODIUM (mg)	384
CARBOHYDRATE (g)	67.39
FIBRE (g)	8.4
SUGARS (g)	5.12
PROTEIN (g)	29.06
VITAMIN A (µg)	33
VITAMIN C (mg)	15.8
CALCIUM (mg)	105
IRON (mg)	6.02