



Zoodle Bolognese

Ingredients:

- 1 tablespoons of oil
- ½ onion finely chopped
- 1 clove of garlic, crushed
- 6 oz minced ground beef
- 1 large zucchini
- 7 oz of canned chopped tomatoes
- ½ tablespoon dried rosemary
- ½ tablespoon dried oregano
- ½ tablespoon dried sage
- ½ tablespoon dried basil
- ½ tablespoon dried marjoram
- ¼ tablespoon of salt

Instructions:

1. In a large saucepan gently fry the onion and garlic in oil until softened.
2. Add the minced ground beef and continue to fry stirring continuously to break up the beef. Fry until all the meat is cooked and browned.
3. Add the herbs, seasoning, and tomatoes.
4. Stir then simmer for 15 minutes whilst you make the zoodles.
5. To make zoodles spiralize zucchini in spiralizer and cut up in short strands.
6. Stir in zoodles for another 5-10 minutes.
7. Serve in a bowl with zoodles and grated cheese.

Prep Time: 15 minutes

Cooking Time: 20 minutes

Equipment:

- Cutting board
- Knife
- Large spoon
- Spatula
- Spiralizer
- Stove

Servings: 3

Serving Size: ½ cup

Nutrition Facts:	318Calori	17g	153g Saturated	13g	30g	4g
	es,	Fat	Fat,	Carbohydrates,	Protein,	Fiber,
	7g	0mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Add parmesan cheese instead of grated cheese
- Add oregano to the top



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