

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!

6 servings

Ingredients:

1 pound lean ground beef or pork
1/2 medium onion, chopped
1/2 bell pepper, chopped
3 carrots, sliced
1 zucchini, sliced and quartered
2 cloves garlic, diced
2 cans (15-ounce) tomato sauce
1 can (15-ounce) diced tomatoes
1/2 teaspoon dried basil *
1/2 teaspoon dried oregano*
1/2 teaspoon dried thyme*
Cooked pasta

*Or substitute 2 teaspoons dried
Italian seasoning for the 3 spices

Directions: 1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker. 2. Add vegetables and herbs, and stir to combine ingredients. 3. Cook on low setting 6 to 8 hours or high 3 to 4 hours. 4. Serve over cooked pasta and top with shredded cheese, if desired.

Nutrition Facts: One cup serving provides 180 calories, 3g total fat, 40mg cholesterol, 900mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Slow Cooker Pasta Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!

6 servings

Ingredients:

1 pound lean ground beef or pork
1/2 medium onion, chopped
1/2 bell pepper, chopped
3 carrots, sliced
1 zucchini, sliced and quartered
2 cloves garlic, diced
2 cans (15-ounce) tomato sauce
1 can (15-ounce) diced tomatoes
1/2 teaspoon dried basil *
1/2 teaspoon dried oregano*
1/2 teaspoon dried thyme*
Cooked pasta

*Or substitute 2 teaspoons dried
Italian seasoning for the 3 spices

Directions: 1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker. 2. Add vegetables and herbs, and stir to combine ingredients. 3. Cook on low setting 6 to 8 hours or high 3 to 4 hours. 4. Serve over cooked pasta and top with shredded cheese, if desired.

Nutrition Facts: One cup serving provides 180 calories, 3g total fat, 40mg cholesterol, 900mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Slow Cooker Pasta Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!

6 servings

Ingredients:

1 pound lean ground beef or pork
1/2 medium onion, chopped
1/2 bell pepper, chopped
3 carrots, sliced
1 zucchini, sliced and quartered
2 cloves garlic, diced
2 cans (15-ounce) tomato sauce
1 can (15-ounce) diced tomatoes
1/2 teaspoon dried basil *
1/2 teaspoon dried oregano*
1/2 teaspoon dried thyme*
Cooked pasta

*Or substitute 2 teaspoons dried
Italian seasoning for the 3 spices

Directions: 1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker. 2. Add vegetables and herbs, and stir to combine ingredients. 3. Cook on low setting 6 to 8 hours or high 3 to 4 hours. 4. Serve over cooked pasta and top with shredded cheese, if desired.

Nutrition Facts: One cup serving provides 180 calories, 3g total fat, 40mg cholesterol, 900mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Slow Cooker Pasta Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Slow Cooker Pasta Sauce

Flavors blend when cooked all day!

6 servings

Ingredients:

1 pound lean ground beef or pork
1/2 medium onion, chopped
1/2 bell pepper, chopped
3 carrots, sliced
1 zucchini, sliced and quartered
2 cloves garlic, diced
2 cans (15-ounce) tomato sauce
1 can (15-ounce) diced tomatoes
1/2 teaspoon dried basil *
1/2 teaspoon dried oregano*
1/2 teaspoon dried thyme*
Cooked pasta

*Or substitute 2 teaspoons dried
Italian seasoning for the 3 spices

Directions: 1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker. 2. Add vegetables and herbs, and stir to combine ingredients. 3. Cook on low setting 6 to 8 hours or high 3 to 4 hours. 4. Serve over cooked pasta and top with shredded cheese, if desired.

Nutrition Facts: One cup serving provides 180 calories, 3g total fat, 40mg cholesterol, 900mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Slow Cooker Pasta Sauce
Spaghetti
Green beans
Peach half
Low fat milk