

Simple "Spaghetti" Zoodles (Zucchini noodles) and Grassfed Beef Meat

Sauce Ingredients

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| 1 lb grassfed ground beef (I use leaner) | 85% fat for this, but you can go |
| 1 small onion (minced) | 1/2 T olive oil |
| (I'm not a fan of cans, but the find the Pomi tomatoes in a box) | 26 oz box of pomi chopped tomatos |
| can use fresh, but add them at the | same amount will work if you can't |
| 1/2 t himalayan mineral salt (To | 1 T dried italian herb blend (You |
| 1/2 t fresh ground black pepper (to | end, and use a LOT more.) |
| with the pepper) | taste, really.) |
| | taste, but I get very heavy handed |
| | 2 zucchini (medium sized zucchini) |

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In a large saucepan or a smallish stockpot, warm the olive oil, add the minced onion and ground beef (broken up into small chunks) then brown the ground beef in it. If you're using 85%-90% lean grassfed ground beef, you have the option of not draining the beef after browning. Add the herb blend, salt, pepper, and tomatoes. Bring to a simmer and cook, stirring occasionally for the next 15-20 minutes. If you'd like, add chopped green olives (2 tablespoons), chopped black olives (2 tablespoons), capers (1 tablespoon), and red pepper flake (1 teaspoon or more) before you simmer it if you'd like to turn this into an approximation of putanesca sauce.

While the sauces is simmering, create your zucchini noodles. While many people love to use a spiralizer, I still can't give up my tiny Thai hand held shredder (it looks like a veggie peeler). No matter what you choose, I like to cut fairly thin noodles for this recipe.

Add the "zoodles" to the sauce and gently fold them in. You want to cook

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them just enough that they're soft, but not so much that they start to fall apart. When in doubt cook them a little less than you think you need to! Serve in bowls immediately.

If you'd like to make this ahead, or if you want to make a double batch - one for today, one for later in the week, simply make the sauce and keep the zoodles separate. I'm out of the habit of using a microwave, so this is one of the examples of how I reheat "leftovers"; I heat the sauce then fold in the "zoodles".

So, the recipe says "3 servings"; but if there's no salad, this is really more like 2 servings! HAHA!

Love zucchini noodles? Be sure to check out my chicken "alfredo"; with zucchini noodles recipe, too!

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