

# Healthy Bites

with

# Bridgette



## Homemade Tomato Sauce with Whole Grain Spiral Pasta and Side of Sautéed Carrots and Peas

Makes 6 servings

### Ingredient List:

- 1 lb. whole grain short pasta
- 1 lb. ground lean meat (optional)
- 1 28-oz. can crushed tomatoes
- Extra virgin olive oil
- 1 medium yellow onion
- 1 large red bell pepper (optional)
- 5-6 cloves garlic
- Dried red pepper flakes (optional)
- Dried oregano
- ½ cup freshly shredded Parmigiano-Reggiano or Romano cheese
- 1 cup frozen peas
- 5-6 large whole carrots
- Dried or fresh thyme
- 1 Tbsp unsalted butter
- Salt/pepper to taste