

# SKINNY SPAGHETTI



## Time

15 minutes

## Serves

2

## Calories (per serving)

187

## Carbs (per serving)

7g

## Fat (per serving)

6g

## Protein (per serving)

23g

## Ingredients

7 oz ground beef (200g)

95-99% lean

-7 oz (200g) Miracle

Noodles

-1 cup tomatoes chopped  
finely

-2 tbsp tomato sauce

-2 tbsp minced onion

-1/2 tsp garlic powder

-1 cup button mushrooms  
chopped -

-1/2 tsp Italian seasoning

-3/4 tsp salt

-1 dash ground black  
pepper

-2 sprays Coconut Oil

-1/2 tsp nutritional yeast

## Method

Saute the onions and tomatoes with 2 sprays of coconut oil until light brown.

Add the ground beef and stir-fry until semi-cooked. Then stir in the mushrooms and the miracle noodles.

Add in the tomato sauce, Italian seasoning, garlic powder, salt and pepper. Cover and let cook for around 3 minutes.

Sprinkle in some nutritional yeast for added cheesy flavor (optional).

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Recipe modified from [www.hcgchicarecipes.com](http://www.hcgchicarecipes.com)