

## Spaghetti Sauce

2T olive oil  
½ large onion, chopped  
1 green bell pepper, chopped  
2 stalks celery, cut  
4tsp minced garlic  
1-pound lean ground beef or ground turkey  
2 carrots, diced  
1 cup sliced mushrooms  
1 can (28oz) tomato sauce  
1 can (28oz) stewed tomatoes, undrained  
2-1/2 cup water  
2T fresh minced parsley  
1T sugar  
1T dried oregano  
2tsp salt  
2tsp black pepper



### **Slow Cooker**

Heat oil in a skillet. Add onions, green peppers, celery, and garlic; cook until tender. Transfer to a slow cooker. Brown meat in the same skillet as the vegetables after transferring them to the slow cooker. Add meat to slow cooker. Add carrots, mushrooms, tomato sauce, tomatoes, water, parsley, sugar, oregano, salt, and black pepper to slow cooker. Cover; Cook in slow cooker on low for 6 to 8 hours or on high 3 to 5 hours. Serve over whole wheat spaghetti or linguine.

### **Instant Pot**

Heat oil on sauté setting in Instant Pot. Add onions, green pepper, celery, and garlic; cook until tender. While vegetables are cooking brown meat in a separate skillet and add to Instant Pot. Add carrots, mushrooms, tomato sauce, tomatoes, water, parsley, sugar, oregano, salt, and black pepper to Instant Pot. Cover; Cook on high pressure for 30 minutes. Serve over whole wheat spaghetti or linguine.