

# One Pan Spaghetti

Serves 10

- 1 (15-ounce) can carrots, drained and rinsed
- 1 (26-ounce) can spaghetti sauce
- 2 carrot cans with water (4 cups)
- 1 (10-ounce) package whole grain or whole wheat spaghetti



1. In a mixing bowl, mash carrots until smooth. Pour into large sauce pot.

2. Add spaghetti sauce and water. Bring to a boil.



3. Break spaghetti pieces into thirds. Add to pot.

4. Simmer until spaghetti is tender, stirring often.

Nutrition information per 1 cup serving: calories 160, total fat 3g, protein 5g, carbohydrates 29g, dietary fiber 2g, sodium 500mg.

Recipe from [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)



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 : "This skillet dish is quicker than making a package of mac n' cheese. :  
 : I put it all in one pan and let it cook." :  
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