

Asparagus Spaghetti

Prep time: 5 minutes
Total time: 20 minutes

Cook Time: 15
Serves: 4

Ingredients

- 2-3 bunches (about 12 oz each) asparagus
- 1 lb ground meat of choice
- 1 jar spaghetti/marinara sauce of choice
- 1- 2 Tablespoons grated parmesan cheese per person

Directions

- Place ground meat in a large skillet & brown on medium heat, chopping every few minutes.
- As the meat is browning, chop asparagus into 1 inch chunks.
- Add asparagus & spaghetti sauce to meat & cover.
- Cook until meat is done & asparagus is desired tenderness.
- Top with cheese.
- Enjoy!

Julie's Notes

- You can use any kind of ground meat, including sausages (just make sure they taste OK with the sauce-not sure about chorizo, but it could work).
- You can use other meats like chopped or shredded chicken, pork, beef or turkey. You may have to adjust cooking times depending on if the meat is already cooked or if it is raw. (This is a great way to use leftover meat!)
- You can use tofu, canned & rinsed chickpeas, black beans or butterbeans.
- You can leave the protein out.
- You can use any shredded cheese (dairy-free I like Daiya Shreds).
- For dairy-free parmesan, I like Follow Your Heart brand.
- You can leave the cheese out.
- You could add in some green onions or other herbs & spices if you like (parsley, oregano, basil, thyme, marjoram, rosemary, fennel seeds, coriander, cilantro).
- You could also substitute or add to the asparagus with any number of vegetables (green beans, cauliflower, broccoli, peppers, peas, snap or snow peas, lettuce, spinach).
- You could also use frozen asparagus-just keep in mind cook time may be longer and the water content may be higher.
- You can use any kind of spaghetti or marinara sauce-including making your own when tomatoes are fresh.
- What else can you think of?

Recipe by Julie at www.JulieGrunklee.com