

DINNER

SL's Spaghetti

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	10 min	25 min	6	\$2.78	650 kcal

SL's Spaghetti takes approximately 35 minutes from beginning to end. One serving contains 658 calories, 38g of protein, and 24g of fat. This recipe serves 6. For \$2.78 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 jar pre-peeled garlic cloves
- ☐ 1½ pounds lean ground beef
- ☐ 1 package pre-sliced mushrooms
- ☐ 2/3 cup red wine (Merlot or Cabernet)
- ☐ 1 box spaghetti noodles
- ☐ 2 tablespoons minced garlic
- ☐ 2 tablespoons Italian seasoning
- ☐ 1 jar mushroom marinara sauce
- ☐ 4 tablespoons olive oil
- ☐ 6 servings Salt

EQUIPMENT Frying pan, Pot

Method

- 1

Heat olive oil and butter in a large skillet over medium heat. When butter melts, add minced garlic and saute for approximately 20 seconds.
- 2

Add mushrooms and pre-peeled garlic cloves and saute for approximately 3 minutes.
- 3

Add ground beef and saute until brown.
- 4

Add marinara sauce, Italian seasoning, and red wine. Stir to combine, cover pan, reduce heat to low, and simmer for approximately 15 minutes.

- 5 Meanwhile, cook noodles in a pot of boiling, salted water until al dente, about 8 to 10 minutes.
- 6 Drain and then toss the pasta with the sauce.
- 7 Serve immediately.

Nutrition per serving

650

KCAL

37 g

PROTEIN

24 g

FAT

66 g

CARBS

Saturated Fat	8.9 g · 56% of daily needs
Fibre	5.2 g · 21% of daily needs
Sugar	7.1 g · 8% of daily needs
Sodium	874 mg · 38% of daily needs
Cholesterol	90.4 mg · 30% of daily needs
Vitamin C	9.7 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sls-spaghetti-148111