

Taco Spaghetti to Die For!

Ingredients:

- 2 teaspoons olive oil
- 1 pound lean ground beef, turkey, or chicken
- 1 package taco seasoning or use our recipe!
- 1 cup diced tomatoes with/without green chilies (canned or fresh)
- 1 TBSP tomato paste
- 3 cups cooked spaghetti squash, Palmini, or zoodles
- 2 servings of Diet Right Cheese Sauce
- 2 tbsp. of chopped fresh cilantro leaves
- 3-6 oz. of water for cheese sauce—Add less water for a thicker sauce

Directions:

1. Heat olive oil in large stockpot or Dutch oven over medium heat.
2. Add ground beef, turkey, or chicken and stir in taco seasoning, crumble protein as it browns until cooked
3. Drain excess fat.
4. Stir in tomato paste, spaghetti squash, Palmini, or zoodles.
5. Cover and simmer on medium heat until hot
6. Remove from heat and top with cheese sauce.
7. Serve immediately, garnished with cilantro if desired
8. Enjoy!

Cut recipe in half—Makes enough for 2 meals!

Portions:

1 teaspoon olive oil

8oz protein

2 cups occasional vegetables

1 low carb Diet Right protein product