

# Mama Mia Pasta Bake

## Ingredients

- 2-1/2 tbsp onions
- 1 tsp garlic
- 9 oz frozen cooked beef crumbles
- 1/3 cup canned diced tomatoes, no salt added
- 2-2/3 cups tomato sauce, low sodium
- 1/2 cup tomato paste, no salt added
- 1 tsp garlic
- 1/2 tsp pepper
- 1/2 tsp cayenne or crushed red pepper
- 1 tsp oregano
- 1 tsp thyme
- 1/4 tsp kosher salt
- 1 tsp onion powder
- 8 oz multi-grain penne pasta
- 5 cups water
- 1/2 cup shredded mozzarella cheese, low fat

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 454 calories, 10.26 g fat, 5.04 g saturated fat, 602 mg sodium, 66.19 g carbohydrate, 8.09 g fiber, 9.5 g sugar, 25.42 g protein

## Directions

1. Mince onion and garlic together in a food processor or cut by hand into small pieces. Heat oil and sauté onion and garlic for about 2 minutes.
2. Add meat, diced tomatoes (with liquid), tomato sauce, tomato paste, garlic, and seasonings. Reduce heat to low and simmer for 45 minutes. Taste and adjust seasonings as needed.
3. Cook pasta according to the instructions on the box.
4. In a large mixing bowl, mix together sauce and pasta then place in baking dish and top with cheese. Place baking dish in 350° F oven for 5 minutes uncovered to melt cheese and until internal temperature has reached 165° F.

