

3 Ingredient Pasta with Meat Sauce

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Servings: 4

INGREDIENTS:

Pasta:

- 2 cups low moisture mozzarella cheese
- 4 egg yolks
- ½ tsp xanthan gum

Easy meat sauce:

- 1 lbs ground beef
- 2 cloves garlic
- ½ white onion diced
- 1 tbsp tomato paste
- ½ tsp italian seasoning
- Salt and pepper to taste
- Optional - 1 tsp sweetener
- 2 cups low sugar marinara

DIRECTIONS:

1. In a large bowl, add your cheese and melt in 30 second increments until fully melted. You don't want this to be boiling hot, heat until the cheese is melted only.
2. Add your egg yolk and process. At the end, sprinkle in your xanthan gum. You won't be able to taste this, but it adds to the texture of the noodles.
3. Knead your dough for a few minutes and roll out thin.
4. Allow to dry out in the fridge for 1-2 hours.
5. Remove from the fridge and cut into desired size. I love making fettuccine noodles with them.
6. Airfry at 400F for 3-4 minutes! Let them cool slightly and add them to your pasta sauce!

Meat Sauce:

1. In a large saute pan, add avocado oil and turn your heat to a medium high. Add your onion and garlic and saute for 2-3 minutes until translucent.

2. Add your ground beef, salt, pepper and italian seasoning and cook until brown. If your beef has a ton of oil, now would be the time to remove.
3. Add your tomato paste and saute for 1-2 minutes before adding your marinara sauce.
4. Let your sauce simmer for 10 minutes!
5. Using a spiralizer, turn your zucchini into noodles. Add your hot sauce on top of your noodles. You can also cook your noodles in your sauce for a minute. It only needs this, or else, your zucchini will start releasing a lot of water.
6. Pair with a small side salad and enjoy!

NUTRITION:

Nutrition per serving (for pasta only):

- Calories - 186
 - Fat - 14g
 - Protein - 12g
 - Total Carbs - 5g
 - Net Carbs - 4g
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