

# Creamy Italian Spaghetti & Ground Beef

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/creamy-italian-spaghetti-recipe>

## Ingredients:

- 1 tablespoon cooking oil
- 1 tablespoon butter
- 1 bell pepper any color, diced. I use many colors
- 1 medium yellow onion diced
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons minced garlic
- 1 1/2 pounds ground beef
- 1 tablespoon Italian seasoning
- 15 ounces diced tomatoes with juice
- 4 cups chicken broth
- 16 ounces spaghetti uncooked, broken in half
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup heavy whipping cream
- 16 ounces mozzarella cheese shredded
- parsley to garnish, optional

## Nutrition:

1. Calories: 1470 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 295 milligrams
4. Fat: 84 grams
5. Fiber: 6 grams
6. Protein: 80 grams
7. SaturatedFat: 41 grams
8. Sodium: 1180 milligrams

9. Sugar: 10 grams
  10. TransFat: 1.5 grams
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