

Italian Wonderpot

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-wonderpot-recipe-budgetbytes>

Ingredients:

- 1 pound ground beef
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 12 ounces fettuccine
- 8 ounces frozen chopped spinach
- 28 ounces diced tomatoes undrained
- 1 onion medium, diced
- 4 cloves minced garlic
- 1/2 tablespoon dried basil
- 1/2 tablespoon dried oregano
- 1/4 teaspoon red pepper flakes
- black pepper to taste
- Parmesan cheese for serving, shaved or shredded

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 39 grams
7. SaturatedFat: 8 grams
8. Sodium: 1140 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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