

Spaghetti Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-spaghetti-soup-recipe>

Ingredients:

- 1 pound ground beef
- 2 carrots diced
- 2 celery stalks diced
- 1/2 cup red onion chopped
- 2 cups diced tomatoes
- 1/2 pound spaghetti
- 1 teaspoon oregano
- 4 cloves garlic diced
- 6 leaves fresh basil or 1/2 teaspoon dry basil
- 6 cups chicken stock

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 42 grams
7. SaturatedFat: 7 grams
8. Sodium: 630 milligrams
9. Sugar: 15 grams
10. TransFat: 1 grams

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