



## Toddler-Approved: Easy Spaghetti

PREP TIME: 5 MIN

COOKING TIME: 30 MIN

SERVES: 4

Enjoy this toddler-friendly spaghetti recipe that's both delicious and simple to prepare. Perfect for busy parents wanting a quick, easy meal.

### Ingredients

1 pound spaghetti pasta  
1 small onion, peeled and minced  
3 cloves garlic, peeled and minced  
1 pound ground beef  
24 oz Three Cheese Italian sauce  
¼ cup Mild Cheddar cheese, shredded  
¼ cup whole milk  
2 tbsp brown sugar  
4 quarts water  
Parmesan cheese, grated (optional)  
salt and pepper

### Directions

1. Cook spaghetti according to package directions.
2. Meanwhile, add ground beef, onion, garlic, salt, and pepper in a large skillet over medium-high heat. Stir occasionally. Cook until the meat is brown or until cooked through.
3. Add the sauce, milk, sugar, and cheddar cheese, and let it simmer for 10 minutes.
4. Add some salt and pepper to taste.
5. Pour spaghetti meat sauce over drained pasta, toss, and sprinkle with some Parmesan cheese before serving if desired.

### Notes

- After draining your cooked pasta, drizzle it with olive oil to prevent it from sticking together.
- If your child is a messy eater, a splat mat can work wonders!