

Bite Spoon

Bear Spaghetti Recipe

A comforting spaghetti recipe with a hearty twist, perfect for a cozy family meal.

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Sauce

- [ ] 1 lb ground lamb
- [ ] 1 yellow onion, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 (28 oz) can crushed tomatoes
- [ ] 1 tbsp dried oregano
- [ ] 1 tsp salt, plus more to taste
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp red wine vinegar
- [ ] 2 tbsp olive oil

For the Pasta

- [ ] 12 oz spaghetti
- [ ] Large pot of salted water for boiling
- [ ] Parmesan cheese, for serving
- [ ] Fresh basil or parsley, chopped, for garnish

Instructions

1. Bring a large pot of well-salted water to a boil for the pasta. In a separate large, heavy-bottomed pot or Dutch oven, heat the olive oil over medium-high heat. Add the ground lamb and cook, breaking it up with a spoon, until well-browned, about 7-8 minutes. Use a slotted spoon to transfer the lamb to a plate, leaving the drippings in the pot.

2. Add the chopped onion to the same pot and cook over medium heat until softened and translucent, about 5 minutes. Add the minced garlic and cook for just another minute until fragrant. Be careful not to burn it.

3. Return the browned lamb to the pot. Stir in the crushed tomatoes, dried oregano, salt, and pepper. Bring to a simmer, then reduce the heat to low, cover partially, and let it cook gently for at least 15 minutes, stirring occasionally, to let the flavors meld.

4. While the sauce simmers, cook the spaghetti in the boiling water according to package directions until al dente. Before draining, reserve about a cup of the starchy pasta water. Drain the pasta.

5. Add the drained spaghetti directly to the pot with the sauce. Pour in the red wine vinegar. Toss everything together, adding a splash of the reserved pasta water if the sauce seems too thick. Let it heat through for a minute so the pasta absorbs some of the sauce.

6. Taste and adjust seasoning with more salt or pepper if needed. Serve immediately, garnished with plenty of grated Parmesan cheese and a sprinkle of fresh herbs.

Nutrition per serving

520 kcal	32 g	58 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The flavor is even better the next day, so don't hesitate to make it ahead.
- If you prefer a smoother sauce, you can use an immersion blender briefly before adding the pasta.
- A sweet treat like a gluten-free bread is a nice counterpoint to the savory richness.