

## Baked Spaghetti

3/4 pound spaghetti noodles  
1 tablespoon salt  
1 tablespoon olive oil  
1 onion, chopped  
1/2 green bell pepper, chopped  
1 pound ground beef  
1 (28-ounce) can crushed tomatoes  
2 teaspoons Italian seasoning  
1 teaspoon salt  
2 cups shredded cheddar cheese

Bring a large pot of water to a boil and add about 1 tablespoon salt. Break noodles into 3 parts and add to pot. Boil about 8 - 10 minutes or until tender. Drain well.

While noodles are boiling, in a sauce pot sauté the onion and bell pepper in the olive oil until softened, about 3 minutes. Add ground beef and cook until no longer pink. Add crushed tomatoes, Italian seasoning and salt. Simmer about 5-10 minutes, stirring occasionally.

Combine drained noodles and sauce. Pour into a 9x13 inch pan coated with vegetable spray. Top with cheese. Bake at 350 degrees about 15-30 minutes or until heated through and cheese is melted and slightly browned.