

# Gnocchi Bolognaise



## NUTRITION INFORMATION:

**SERVING SIZE: 1/4 OF DISH**

**TOTAL SERVINGS: 4**

**CALORIES: 230**

**WW POINTS: 7SP**

## INGREDIENTS:

1 package defrosted Trader Joe's Cauliflower Gnocchi

1lb package of 95% lean ground beef

1 15 oz. can fire roasted crushed tomatoes

1 tsp garlic powder

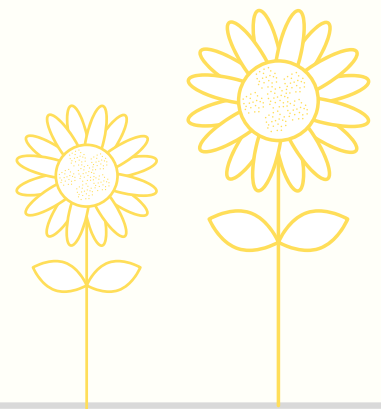
1 tsp onion powder

½ tsp salt

¼ tsp pepper

Fresh or dried basil for garnish

Oil Spray



# Gnocchi Bolognaise

## DIRECTIONS

First, make sure you have defrosted the gnocchi in advance.

Using a large frying pan, spray with oil. Put the entire package of ground beef in the pan. On medium heat and using a spatula, break the ground beef into small pieces (as if you were making taco meat), until almost cooked through.

Stir in the package of gnocchi and the can of crushed tomatoes. Add in the spices to your liking. Stir every few minutes until everything is cooked and blended well. After a few minutes, the starch from the gnocchi breaks down a bit and helps to thicken the crushed tomatoes into a savory sauce.

Taste and add more spices if you like. It takes 15-20 minutes from start to finish.

**Mmmmm Mmmmm Enjoy!**

