

Simple, Cheap, and Delicious Homemade Low Carb Pasta Recipes from Spaghetti to Lasagna

If you're on a low carb diet, you don't have to give up pasta! These recipes are easy to make, affordable, and absolutely delicious.



KETO PASTA Cookbook #2024: Simple, Cheap & Delicious Homemade Low Carb Pasta Recipes From Spaghetti to Noodles | Made for Intensify Weight Loss & Promote Longevity by Katie Simmons

★★★★☆ 4.2 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 130 pages
Lending : Enabled



Spaghetti

Spaghetti is a classic pasta dish that can be made low carb with a few simple swaps. Instead of using regular pasta, use a low carb pasta alternative like shirataki noodles or zucchini noodles. You can also use a low carb sauce, like a tomato sauce made with crushed tomatoes and garlic.

Ingredients

- 1 package of shirataki noodles
- 1 tablespoon of olive oil
- 1/2 onion, chopped
- 2 cloves of garlic, minced
- 1 can of crushed tomatoes
- 1 teaspoon of dried oregano
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper

Instructions

1. Rinse the shirataki noodles under cold water and drain them.
2. Heat the olive oil in a large skillet over medium heat.
3. Add the onion and garlic to the skillet and cook until softened.
4. Add the crushed tomatoes, oregano, salt, and pepper to the skillet and bring to a simmer.
5. Add the shirataki noodles to the skillet and cook for 5 minutes, or until heated through.

Lasagna

Lasagna is another classic pasta dish that can be made low carb. To make a low carb lasagna, use a low carb pasta alternative like zucchini noodles or eggplant slices. You can also use a low carb sauce, like a meat sauce made with ground beef and tomato sauce.

Ingredients

- 1 zucchini, sliced into thin strips
- 1 pound of ground beef
- 1/2 onion, chopped
- 2 cloves of garlic, minced
- 1 can of crushed tomatoes
- 1 teaspoon of dried oregano
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1 cup of shredded mozzarella cheese

Instructions

1. Preheat the oven to 375 degrees Fahrenheit.
2. Brown the ground beef in a large skillet over medium heat. Drain off any excess grease.
3. Add the onion and garlic to the skillet and cook until softened.
4. Add the crushed tomatoes, oregano, salt, and pepper to the skillet and bring to a simmer.
5. Spread a layer of zucchini noodles in a 9x13 inch baking dish.
6. Top with a layer of ground beef mixture.
7. Repeat layers until all ingredients have been used.
8. Sprinkle the mozzarella cheese on top.

9. Bake for 20-25 minutes, or until the cheese is melted and bubbly.

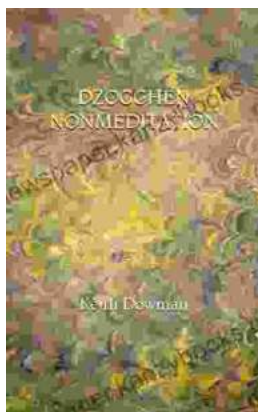
These are just a few of the many delicious and affordable low carb pasta recipes that you can make at home. With a little creativity, you can easily adapt your favorite pasta dishes to fit your low carb lifestyle.



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