

AIP Spaghetti and Meat Sauce

by Healing Family Eats

Prep time: 10 minutes

Cook time: 30 minutes

Serves 2-3

2 tbsp extra virgin olive oil
1 medium onion, chopped
4 oz chestnut mushrooms, halved and sliced
1/8th tsp (small pinch) ground cardamom (optional - stage 1 reintroduction)
3/4 tsp dried mint
1 tsp herbes de Provence
1 tbsp dried seaweed
generous pinch Himalayan pink salt
8 oz ground lamb
1/4 cup pumpkin purée
1 cup chicken bone broth
4-6 oz AIP compliant spaghetti
grated parmesan cheese (optional - stage 3 reintroduction)



Heat the olive oil in a medium saute pan on a low-medium heat and add the onions. Sauté for 3 minutes then turn the heat to medium and add the mushrooms. Continue cooking for 2-3 minutes until softened and gently coloured, stirring frequently to make sure onions don't burn.

Add the herbs, spices and a decent pinch of salt, and cook a further minute. Next add the lamb and cook for 4 minutes until it has lost its raw look.

Stir in the pumpkin puree, followed by the broth and simmer fairly briskly for 20 minutes until the liquid has almost evaporated and the sauce is rich and creamy.

Meanwhile heat a large pan of water and cook the spaghetti as per the manufacturers instructions.

Drain the spaghetti, reserving 1/2 cup of the cooking water.

Tip the spaghetti into a large serving bowl and mix in the meat sauce. Add some, or all of the cooking liquid if needed.

Serve with freshly grated (stage 3) parmesan cheese if you have reintroduced it.