

Japanese-Style Low-Sodium Meat Sauce Pasta

Serves 4

Ingredients

Pasta

- 225 g penne pasta
- 1 T salt (for boiling water only)

Meat Sauce

- 1 T olive oil
- 200 g onion, finely diced
- 80 g carrot, finely diced
- 1 clove garlic, minced (*or 1 tsp tube garlic*)
- 250–300 g ground pork or mixed beef/pork (合い挽き肉)
- 400 g no-salt diced tomatoes
- 1 T (15 g) tomato paste
- 100 ml low-sodium chicken or vegetable broth
- 2 tsp Keweenaw coconut aminos
- 1 tsp sugar (optional)
- 1 T Worcestershire sauce (optional)
- ¼ tsp MSG (optional)
- Black pepper, to taste
- 1 bay leaf (optional)
- 1 T fresh parsley, chopped

Added Vegetables

- 100 g zucchini, diced
- 100 g bell pepper, diced
- 80 g canned corn, drained

Optional Japanese Umami Boosters

- ¼ tsp grated ginger
- 20–30 g finely diced shiitake mushrooms



Instructions

1. Cook the pasta

Bring a pot of water to a boil. Add **1 T salt**, then penne. Cook 9–11 minutes until al dente. Drain.

2. Sauté aromatics

Heat **olive oil** in a deep skillet. Add **onion** and **carrot**.

Cook 5–7 minutes until softened.

Add **garlic** (and optional **ginger/shiitake**). **Cook 30 seconds**.

3. Brown the meat

Add **ground pork/beef**. Cook until lightly browned.

Drain excess fat if necessary.

4. Add vegetables and seasonings

Add **zucchini**, **bell pepper**, and **corn**.

Stir in **tomatoes**, **tomato paste**, **broth**, **coconut aminos**, **sugar**, **Worcestershire**, **pepper**, and **bay leaf**.

5. Simmer

Simmer uncovered 12–15 minutes until thickened.

Add ⅛–¼ **tsp MSG** if flavor tastes flat.

6. **Combine with pasta**

Add cooked **penne** and mix well.

Adjust seasoning.

Garnish with parsley.

Nutrition (Per Serving)

Kcal: 455 | Protein: 23 g | Fat: 12 g | Sat Fat: 3 g | Carbs: 64 g | Sugars: 11 g | Fiber: 8 g |
Sodium: 260–330 mg