

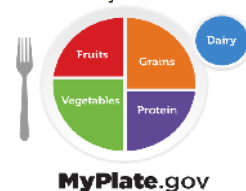


# TURKEY BURGER MACARONI

 @Gleanersfan



Color your meal!



## Ingredients:

**2 cups whole wheat macaroni**

**1 small bell pepper**

**1 small onion**

**3 cloves garlic**

**1lb lean ground turkey**

**3 oz reduced-fat cheddar cheese**

**1 can diced tomatoes, no salt added**

**1 tbsp dried thyme leaves**

**1/2 tsp salt**

**1/4 ground black pepper**

## Directions:

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water.
2. While macaroni is cooking, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic. Set aside.
3. Grate cheese. Set aside.
4. In a large skillet over medium heat, cook turkey, onion, bell pepper and garlic, crumbling the beef, until the meat is no longer pink, about 15 minutes. Using a colander, drain off fat.
5. Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt and pepper. Sprinkle with cheese.
6. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

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