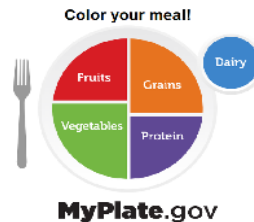




SPAGHETTI AND MEAT SAUCE



Serving size: 1.5 cups Number of servings: 6

Ingredients

1 Tbs Olive Oil

1 Onion, Finely Chopped

1 Bell Pepper, Finely Chopped

4 Cloves Garlic, Minced

1 lb Lean Ground Turkey

6 oz Tomato Paste

28 Oz Diced Tomatoes

3 tsp Italian Seasoning

Salt & Pepper

1 lb Whole Wheat Pasta

Directions

1. Heat olive oil in a medium pot over medium heat. Cook onion and pepper until softened.
2. Add turkey and garlic. Cook, stirring occasionally for 8-10 minutes until meat is no longer pink. Add tomato paste and cook for 2 minutes.
3. Stir in tomatoes with their juice, oregano, basil, salt, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15-20 minutes, stirring occasionally.
4. Meanwhile, cook pasta according to package directions. Serve over pasta and enjoy!

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