



Turkey Bolognese

Ingredients:

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| 2 lbs. ground white meat turkey | 1 can crushed tomatoes |
| 1 TBSP olive oil | 1 TBSP tomato paste |
| 1 onion, chopped | 2 tsp onion powder |
| 3 cloves garlic, minced | 1 tsp chili powder (optional) |
| 1 zucchini, chopped | Salt and pepper to taste |
| 1 package of mushrooms, chopped | |

Directions:

1. Heat oil in a pan over medium heat; Place onion and cook until translucent; Add garlic and mix with onion until fragrant (make sure garlic does not burn)
2. Add in ground turkey and mix every so often until browned
3. Add in zucchini and mushrooms; Cook a few minutes until soft
4. Add crushed tomatoes and tomato paste
5. Add in onion powder, chili powder, salt and pepper
6. Bring to a boil; simmer for at least 30 minutes

Note: This can be made in a slow-cooker as well. Brown the meat prior to adding with the rest of the ingredients. This can be done in the morning and ready for lunch or dinner!

Cookware needed:

Medium sauté Pan or pot
Wooden spoon

Cost: \$ \$

Ease:

Health Benefit: This meal provides you with tons of protein and fiber to help keep you and your family fuller for longer!

Bolognese is one of the easiest and fastest ways to feed a large family (and still have leftovers)! It is also my personal favorite way to pack in lots of vegetables for a fiber-filled meal. Eat it over a grain of your choice, and you have yourself a delicious, nutritious, and filling dish!

Substitutions:

1. You can substitute any type of ground meat or poultry of preference or whatever you have on hand.
2. You may also add different herbs and spices to add different levels of flavor to your dish!