

Spaghetti with Turkey Meat Sauce





Turkey makes this spaghetti sauce delicious and low fat! Learn how to make turkey meat sauce for your next spaghetti dinner. Your family will love it!

Ingredients:

1 lb ground turkey
1 large (28 oz.) can diced or cut tomatoes
1 large green bell pepper, chopped
1 large onion, chopped
2 tsp garlic, minced
1 tsp oregano
1 tsp [Italian seasoning blend](#)
pepper to taste
[nonstick cooking spray](#)

Preparation:

Spray a large skillet with cooking spray and heat over high heat.
Add ground turkey and cook, stirring occasionally, for about 5 minutes. Drain fat.
Stir in canned tomatoes, and spices. Bring to a boil. Reduce heat and simmer covered about 15

minutes. Remove cover and simmer another 15 minutes. Tip: you can use your [blender](#) to make a creamier sauce.

Cook pasta according to package directions, and serve turkey meat sauce over cooked spaghetti.