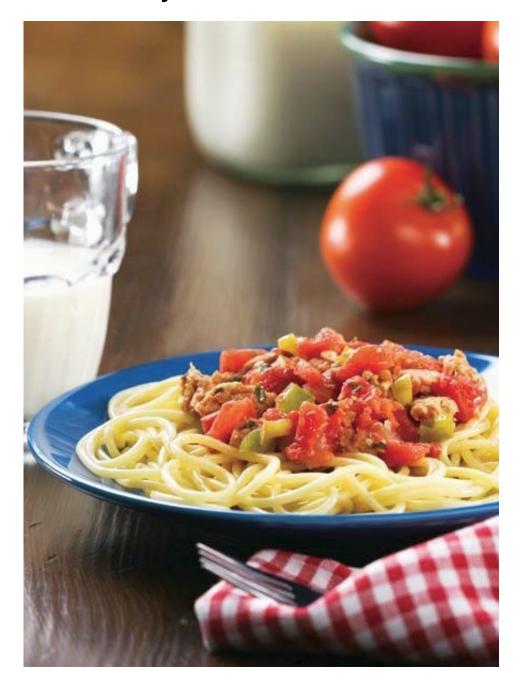


## **Spaghetti with Turkey Meat Sauce**







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 <u>Itallian seasoning blend</u>

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 <u>blender</u> to make a creamier sauce.

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