

## TURKEY SPAGHETTI MEAT SAUCE



### Nutritional Information

Per serving

Calories: 80

Protein: 7 g

Fat: 3.5 g

Carbohydrates: 5 g

Serves: 12

Prep Time: 15 mins

Cook Time: 6 hrs

### INGREDIENTS

- 2 x 1 lb (450 g) packages ground turkey
- 3 Tbsp (45 mL) olive oil
- 3 cups (750 mL) onion, finely chopped
- 2 cups (500 mL) carrot, finely shopped
- 1 cup (250 mL) celery, finely chopped
- 2 tsp (10 mL) garlic, finely chopped
- 2 26 oz./796 mL cans low-sodium whole tomatoes
- 2 tsp (10 mL) dried oregano
- 4 tsp (20 mL) dried basil
- 1 Tbsp (15 mL) sea salt
- ¼ tsp (1 mL) freshly ground black pepper
- Fresh Parmesan cheese

## DIRECTIONS

1. Heat half of the oil in a skillet and brown turkey; then transfer it to slow cooker.
2. Add remaining oil, onion, carrot, celery and garlic to skillet and lightly brown.
3. Drain tomatoes, purée in a food processor, then add to the skillet and simmer with vegetables for 5 minutes.
4. Add herbs and spices and then transfer to slow cooker.
5. Place lid on slow cooker, then cook on low setting for 6 hours.
6. Serve with your favourite pasta (cooked separately) and fresh parmesan.