

Homemade Spaghetti Sauce with Noodles

Ingredients:

- 1 pound ground turkey
- 28 ounces low sodium tomatoes, canned, chopped
- 1 green pepper, chopped
- 2 onions, chopped
- 1/4 teaspoon garlic powder
- 1 teaspoon oregano, dried
- 1 teaspoon black pepper
- 8 ounces whole wheat pasta

Equipment:

- Cutting Board
- Knife
- Measuring spoons
- Saucepan
- Colander
- Non stick skillet with lid
- Spatula

Number of Servings: 4
 Prep Time: 40 minutes
 Total Time: 40 minutes

Directions

1. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Set aside.
2. While ground turkey is cooking, cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add onions to skillet and cook until tender.
3. Slice green pepper in half and remove stem and seeds. Slice into strips, then chop the strips into small pieces. Add to skillet. Cook until tender.
4. Add cooked turkey to skillet. Stir in tomatoes, garlic powder, and oregano. Bring to a boil, reduce heat and cover.
5. Simmer for 15 minutes, remove cover and simmer for 15 minutes more.
6. While sauce is simmering, cook noodles according to directions. Drain well.
7. Serve sauce over noodles.

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Nutrition Facts	
Serving Size: 2 cups noodles w/1 cup sauce	
Servings: 4	
Amount Per Serving	
Calories 436	Calories from Fat 99
%Daily Value*	
Total Fat 11g	16%
Saturated Fat 3g	14%
Cholesterol 90mg	30%
Sodium 141mg	6%
Total Carbohydrate 59g	20%
Dietary Fiber 9g	34%
Protein 31g	62%
Vitamin A 28%	Vitamin C 98%
Iron 29%	Calcium 12%

*Percent Daily Values are based on a 2,000 calorie diet.

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