



GROUND TURKEY BOLOGNESE

A leaner and healthier version of the original ground beef bolognese.

10 minutes

40 minutes

4 portions

INGREDIENTS

- 16 oz of turkey, ground, 93% lean, 7% fat, raw (452 g)
- 0.3 cups, chopped of onions, raw (48 g)
- 0.3 cups chopped of carrots, raw (38 g)
- 3 cloves of garlic, raw (9 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 425 grams of tomatoes, crushed, canned
- 1 tsp, leaves of spices, basil, dried (1 g)
- 1/2 tsp, leaves of spices, oregano, dried (1 g)
- 1 bay leaf (1 g)
- 1 tsp of salt, table (6 g)
- 1/4 tsp, ground of spices, pepper, black (1 g)

COOKING METHOD

- 1° Heat 1 tablespoons of oil in a medium sized pan over medium/high heat.
- 2° Place the chopped onion, celery, carrots, and minced garlic in the heated pan. Sautee for 7-8 minutes (or until veggies are soft)
- 3° Place ground turkey in with the veggies and add the basil, oregano, and salt and pepper.
- 4° Cook until ground turkey is no longer pink (about 8 minutes)
- 5° Add the tomato sauce and bay leaf. Lower the heat to a simmer and cook for another 15 minutes, stirring frequently.
- 6° Add some water if needed, if the sauce is too thick. Taste and add more salt if needed.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (249 g)	% DRI
ENERGY	99 kcal	247 kcal	12 %
FAT	5 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	34 mg	84 mg	28 %
SODIUM	348 mg	865 mg	36 %
CARBOHYDRATE	4 g	11 g	4 %
SUGARS	2 g	6 g	—
FIBER	1 g	3 g	11 %
PROTEIN	9 g	23 g	—