

# Spaghetti with Meat Sauce

This is an easy and delicious dinner everyone will enjoy. Use lean ground turkey, beef, or try with mushrooms instead to make it vegetarian!

Prep/Cook Time: 40 minutes

Makes: 8 servings

Source: [eatfresh.org](http://eatfresh.org)

## Ingredients

- 1 Tablespoon Olive Oil
- 1 Onion (finely chopped)
- 1 Bell Pepper (finely chopped)
- 4 cloves Garlic (minced)
- 1 pound Turkey lean, ground
- 6 ounces Tomato Paste (canned)
- 28 ounces Diced Tomatoes (canned, low-sodium)
- 2 teaspoons Dried Oregano
- 2 teaspoons Dried Basil
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1 pound Pasta (preferably whole wheat)

## Directions

1. Heat olive oil in a medium pot over medium heat.
2. Cook onion and bell pepper until softened.
3. Add turkey and garlic. Cook, stirring occasionally for 8–10 minutes until meat is no longer pink. Add tomato paste and cook for 2 minutes.
4. Stir in tomatoes with their juice, oregano, basil, salt, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15–20 minutes, stirring occasionally.
5. Meanwhile, cook pasta according to package directions; drain well.
6. Serve sauce over cooked pasta.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1.5 cups

Nutrients	Amount
Calories:	360
Total Fat:	9 g
Saturated Fat:	2 g
Sodium:	197 mg
Total Carbohydrates:	54 g
Dietary Fiber:	9 g
Total Sugars:	N/A
Protein	22 g

### Utensils Needed

- Medium Pots
- Spoon
- Measuring cups/spoons
- Cutting board and sharp knife
- Stove top or electric skillet
- Strainer
- Can Opener

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.96

Average cost per serving: \$1.37

Recipe Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
1 lb Ground Turkey



Add 1 to Cart  
Yellow Onion



Add 1 to Cart  
6 oz can Tomato Paste



Add 1 to Cart  
Garlic, 1 bulb



Add 1 to Cart  
28 oz can Diced Tomatoes



Add 1 to Cart  
Green Pepper



Add 1 to Cart  
16 oz Package Whole Wheat  
Pasta

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- This sauce can be made ahead of time and frozen for easy meals later in the week.
- Spaghetti is a traditional pasta for this dish, but make it your own and try with your favorite style of pasta like bowtie or spirals!