



Turkey Bolognese with Pasta

Gluten free, 6 servings

Our version of the classic Italian meat-based red sauce is lighter than the original thanks to the use of ground turkey. The result is still a classic, comforting sauce that is great over pasta with a bit of fresh grated parmesan cheese on top. Smarts: This recipe makes a double batch of bolognese. Reserve half to use in Thursday's meal or freeze it for another use.

Active 40 min **Total** 40 min

Turkey Bolognese (for 2 nights)

- Carrots - 12 oz, diced
- Onions, medium - 1 1/2, chopped
- Garlic - 6 cloves, chopped
- Turkey, ground - 3 lbs
- Salt - 1 1/2 tsp
- Oregano, dried - 1 1/2 tsp
- Black pepper - 3/4 tsp
- Red pepper flakes - 3/8 tsp
- Oil, cooking - 1 1/2 Tbsp
- Thyme, fresh leaves - 3 tsp
- Tomato sauce - 6 cups
- Sugar - 3/4 tsp

Turkey Bolognese with Pasta

- Pasta, gluten-free rigatoni - 15 oz (sub any gluten-free pasta shape)
- Turkey Bolognese (ingredients listed separately) - ~4 1/2 cups
- Cheese, parmesan (opt) - 3 oz, grated

Lemon Green Beans

- Green beans - 1 1/2 lbs, trimmed
- Lemon juice - 3 tsp

Prep

1. Carrots / Onions / Garlic / Green beans - Prep as directed. Combine carrots and onions in one container. Store garlic in a second container. Keep green beans separate. (Can be done up to 5 days ahead)
2. Season turkey - Combine turkey with salt, oregano, black pepper and red pepper flakes. (Can be done 1 day ahead)

Make

1. Bring a stock pot of salted water to boil.
2. While waiting for the water to boil, heat a saute pan over medium-high heat. Add oil and then carrots and onions to heated oil. Saute until tender, 3 to 4 minutes. Add garlic and thyme leaves and saute for 1 minute more.
3. Add seasoned turkey to aromatics. Break up with a wooden spoon and brown for ~5 minutes.
4. Add in tomato sauce and sugar. Bring sauce to a simmer and then reduce heat and allow to continue cooking for ~10 minutes to let the flavors develop. Taste and season with some salt and pepper.
5. While sauce simmers, add pasta to boiling water and cook until al dente, tender but not soggy. Drain and set aside.
6. Place green beans in a microwave safe container. Add 1 Tbsp / 15ml (for 4 servings; adjust if customizing) of water and sprinkle with some salt. Cover with a lid or damp paper towel and microwave for 2 to 3 minutes, depending on thickness of green beans.
7. Squeeze lemon juice over green beans and season them with some salt.
8. Reserve half the bolognese for Thursday's meal.
9. Spoon remaining bolognese over pasta and grate cheese on top. Enjoy with green beans on the side.

Nutrition per Serving (4 Servings Total)

Calories 589 Total Fat 20g Saturated Fat 6g Trans Fat 0g Cholesterol 101mg Sodium 1244mg Total Carbs 73g Dietary Fiber 12g Sugars 11g Protein 36g