



# TURKEY BOLOGNESE

Makes 12 (1/2 cup) servings

## INGREDIENTS

- 1/2 tablespoon extra-virgin olive oil
- 1 1/2 pounds 93% lean ground turkey
- 1/2 cup diced yellow onion
- 1/2 cup diced carrot
- 1/2 cup diced celery
- 6 cloves minced garlic
- 3-4 teaspoons dried basil leaves
- 2 teaspoons Italian seasoning
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt plus more to taste
- 1/2 teaspoon ground black pepper
- 1 6-ounce can tomato paste
- 1 28-ounce can peeled and crushed tomatoes
- 1 8-ounce can tomato sauce
- 1/2 cup chicken broth

## INSTRUCTIONS

Heat oil in a stockpot over medium heat.

Once hot, add in turkey, onion, carrot, celery, garlic, basil, Italian seasoning, nutmeg, salt, and pepper.

Cook, breaking up the turkey as you go, until the turkey has cooked through and the carrots are cooking to your liking, about 10 minutes. Stir in tomato paste, crushed tomatoes, tomato sauce, and chicken broth. Bring to a simmer, stirring regularly.

Once simmering, reduce heat to low, cover, and simmer for 30 minutes. Taste and re-season if necessary.

Serve over whole wheat pasta, spaghetti squash, or zucchini noodles.