




# Spaghetti with Meat Sauce

- Ingredients:**
- 1 pound ground turkey
  - 1 can (28 ounces) diced tomatoes, undrained
  - 1 medium green bell pepper, chopped
  - 1 medium onion, chopped
  - 1 teaspoon garlic powder
  - 1 teaspoon Italian seasoning
  - 1 teaspoon pepper
  - 1 pound spaghetti or any other pasta available



**Shopping List:**

- ground turkey
- canned tomatoes
- green bell pepper
- onion
- garlic powder
- Italian seasoning
- pepper
- pasta
- nonstick cooking spray

- Equipment:**
- cutting board
  - knife
  - can opener
  - covered skillet
  - mixing spoon
  - large pot for cooking pasta
  - colander
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### Directions:

1. Spray a large skillet with nonstick cooking spray.
2. Add turkey to skillet and cook, stirring occasionally, for 5 minutes. Drain excess fat from skillet.
3. Stir in tomatoes and their juice, green pepper, onion, and spices. Cover and simmer for 15 minutes.
4. Remove cover, simmer for 15 more minutes, stirring occasionally.
5. Meanwhile, cook pasta according to package directions. Drain well.
6. Serve sauce over pasta.

This recipe takes 10 minutes plus 30 minutes to cook. Makes 6 servings at about \$1.25 per serving.

Variation: Serve sauce over rice instead of pasta.



**Cooking Tips:**

Flour is a main ingredient in most breads and baked goods. Wheat flours have different amounts of protein. The three main types of wheat flour are whole wheat, all-purpose, and self-rising.

Whole wheat flour:

1. Contains many nutrients, such as fiber
2. Is used in baking breads, rolls, or pastries
3. Is 11-14% protein
4. Needs to be stored in the refrigerator or used fresh. It will spoil very quickly due to the fat present in the flour.

**Nutrition Facts**

Serving Size 1 1/2 cups  
Servings Per Container 6

Amount Per Serving		Calories from Fat 70
Calories 270		
		% Daily Value*
<b>Total Fat</b> 7g		<b>11%</b>
Saturated Fat 2g		<b>9%</b>
<b>Cholesterol</b> 60mg		<b>20%</b>
<b>Sodium</b> 90mg		<b>4%</b>
<b>Total Carbohydrate</b> 33g		<b>11%</b>
Dietary Fiber 3g		<b>11%</b>
Sugars 9g		
<b>Protein 19g</b>		
Vitamin A 20%	•	Vitamin C 80%
Calcium 15%	•	Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4