

TURKEY BOLOGNESE



DIFFICULTY

EASY



TIME

60 MIN



SERVES

4

INGREDIENTS

1/2 Yellow Onion, Diced
2 tbsp. Chopped Garlic
1 bag Shredded Carrots (8oz)
1 bag Mushrooms Sliced (2oz)
1 jar Marinara
2 lbs. Ground Turkey Meat
4 oz. Red Wine
1 pinch Chili Flake
1 tbsp. Italian Seasoning
2 tsp. Himalayan Pink Salt
1/2 tsp. Ground Pepper
1/4 cup Extra Virgin Olive Oil

DIRECTIONS

1. In sauce pot bring flame to medium high. Add olive oil, let oil warm.
2. Add onions and stir until translucent, then add garlic until slightly brown.
3. Add mushrooms & carrots stirring frequently until vegetables have softened.
4. Add ground turkey and cook until brown. Add red wine.
5. Decrease heat to medium low, then add marinara sauce and seasonings.
6. Let simmer for 20 minutes or until liquid has reduced by one-quarter.
7. Preheat oven to 350.
8. Once your bolognese has cooled enough top with your favorite cheese or nutritional yeast.
9. Reserve excesses sauce and freeze for later use.
10. Bake for 20 minutes or until cheese has browned. Remove sheet tray from the oven and enjoy!

NUTRITION FACTS PER SERVING

Calories: 522 Fat: 31g Carbohydrates: 16g Fiber: 7g Sugar: 7 Protein: 38g



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