



*This is one of those recipes that feels like comfort food but comes together surprisingly fast. The longer it simmers, the deeper the flavor becomes, but it's still great when you need dinner on the table quickly. Finish with fresh basil and pecorino Romano for extra flavor. It's delicious over zucchini noodles or any vegetables you have on hand, and the leftovers freeze beautifully.*

**INGREDIENTS**

- 1 lb Ground turkey (93% lean or higher)
- 28 oz Can tomato puree or tomato sauce with basil (no added sugar or oils)\*
- 1 Tbsp Extra virgin olive oil
- 1 Onion, grated or finely chopped (about 1 cup)
- 1 small Carrot, grated or finely chopped (about ¾ cup)
- 1 stalk Celery, grated or finely chopped (about ½ cup)
- 3 cloves Garlic, grated or minced
- 1 tsp Black pepper

**GARNISH**

- Fresh basil leaves
- Grated Pecorino Romano cheese

\*) If tomato sauce doesn't come with basil, add 1 tsp dried basil to the recipe. Salt to taste

**INSTRUCTIONS**

1. Heat olive oil in a large skillet over medium heat. Add the onion, carrot, and celery and sauté for 3–5 minutes, until softened.
2. Add the garlic and cook for about 30 seconds, stirring frequently so it doesn't burn.
3. Add the ground turkey, breaking it up with a spatula. Cook for 5–7 minutes, until the meat begins to brown.
4. Stir in the tomato sauce and black pepper. Bring to a gentle boil, then reduce the heat and let simmer for about 10 minutes, or until your side dish is ready. The longer it simmers, the more the flavor develops.
5. Garnish with fresh basil and grated Pecorino Romano before serving.

**Note:** This sauce pairs beautifully with zucchini noodles, roasted or steamed vegetables. It also freezes well, making it perfect for cooking once and enjoying later.

**Nutrition** (Based on 2000kcal)

346kcal/serving | **Macros:** Net Carbs 11.3 g (4.1 g fiber), Protein 34.2 g, Fat 17.7 g (4.2 g saturated)

**Good source (10-19% DV):** B1 (thiamin), Vitamin K, Sodium.

**Excellent source (>20% DV):** Fiber, Omega-3, Protein, B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B12 (cobalamin), Vitamin A, Vitamin C, Vitamin E, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc.