



## Ground Turkey Spaghetti

Prep Time: 10 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

711 Calories

20.29 g fat

660 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1 lb. ground turkey
- 4 TB olive oil, divided\*\*
- 4 garlic cloves, minced
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 8 oz. mushrooms, remove stems and dice mushroom caps
- Spaghetti Spice Blend (1/4 tsp dried oregano & 1/4 tsp dried basil)
- 24 oz. Marinara Sauce
- 1/2 cup parmesan cheese, divided
- 1 lb. spaghetti
- Salt & pepper, to taste
- 1 lb. Green Beans
- 1/2 tsp red pepper flakes

### DIRECTIONS:

1. In a large skillet heat **2 TB olive oil** over medium heat. Season the **ground turkey** with **salt** and **pepper** and add to the skillet. Cook for 10 minutes breaking it up until the turkey browns and is no longer pink.
2. Add **diced onions, diced green pepper, 2 cloves minced garlic** and **diced mushrooms** and cook 5 minutes. Add the **Spaghetti Spice Blend** and **marinara sauce** and stir to combine well. Bring mixture to a slow simmer, reduce heat to low and cover. Let the sauce cook for 20 minutes.
3. In a large pot, bring **water** to a boil, add a **1/2 tsp salt** and desired amount of **spaghetti**. Cook spaghetti according to package instructions. When the spaghetti is done, drain well and set aside.
4. While the pasta cooks, in a large skillet over medium-high heat add **2 TB olive oil** and **1/2 tsp red pepper flakes** and stir to coat for 30 seconds. Add the trimmed **green beans** and cook stirring to coat the beans in the oil for 5 minutes. Add **2 cloves minced garlic** and season with **salt and black pepper to taste**, stir to combine and cook for 2 minutes. Add **2 TB water** and cover the pan with lid and continue to cook covered for 3-5 minutes until beans are crisp tender.
5. Add **1/4 cup of parmesan cheese** to the meat sauce and stir well to combine. Sprinkle remaining **1/4 cup of parmesan cheese** on top when serving.
6. To serve: divide **pasta** among 4 bowls, top with **meat sauce** and sprinkle with **parmesan cheese**. Serve **green beans** alongside.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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