

# Turkey & Veggie Bolognese

By Chef Stephen Forman



## INGREDIENTS:

- 1 pound ground turkey
- 1 cup mirepoix (carrot, onion and celery)
- 1 zucchini, finely chopped
- 1 cup frozen spinach
- 1 Tbsp. garlic powder
- 2 Tbsp. dried oregano
- 1 Tbsp. thyme
- 1 cup tomato sauce
- 1 cup diced tomatoes
- 2 Tbsp. olive oil
- 1 box whole grain penne

## DIRECTIONS:

1. In a medium sauce pot, add olive oil and bring to high heat.
2. Add ground turkey and stir to break apart.
3. Add onions, carrots, and celery, and cook for 3-4 minutes or until turkey is brown.
4. Add seasonings, tomato sauce and diced tomatoes and stir.
5. Add in frozen spinach and cook sauce on low for 2 hours stirring occasionally.
6. Cook noodles according to box instructions.
7. Plate 1/2 cup cooked noodles topped with 1/2 cup sauce.

## Nutrition Facts

8 servings per container

**Serving size** 1/2 cup pasta and  
1/2 cup sauce

Amount per serving

**Calories** **320**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 25mg **8%**

**Sodium** 55mg **2%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 22g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 4mg **20%**

Potassium 840mg **20%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# MEAL KIT SHOPPING LIST

## Week 2: Turkey & Veggie Bolognese

### Fruit:

- no fruit this week

### Vegetables:

- 1 mirepoix- \$2.89
- 1 zucchini- \$1.26
- 1 bag frozen spinach- \$1.29

### Protein:

- 1 lb. lean ground turkey- \$8.29

### Dairy:

- no dairy this week

### Grains:

- 1 box whole grain penne- \$2.19

### Herbs, Spices & More:

- 1 can tomato sauce- \$1.09
- 1 can diced tomatoes- \$1.09
- Olive oil, garlic, oregano and thyme

  
Cooking at Home

Grocery cost: \$18.20

Recipe cost: \$17.00

Cost per meal: \$2.12

\*prices found at your local Wegmans store