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30-Minute Spaghetti Sauce

Ingredients:

- 1 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 tbsp fresh garlic, minced (about 4-6 cloves)
- 1 package of sliced mushrooms (optional)
- 1 28 oz can petite diced tomatoes
- 1 28 oz can tomato sauce
- 1 tbsp dried parsley
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 tsp black pepper
- 2 pounds extra lean ground turkey

Approximately: 1 tsp salt, 1 tbsp black pepper, and 1 tbsp garlic powder to season ground turkey

Directions:

1. In a large saucepan, sauté olive oil, onions, garlic and mushrooms on medium heat.
2. When onions are transparent, add diced tomatoes, tomato sauce, parsley, basil, oregano and black pepper.
3. Set heat to low and allow sauce to simmer, stirring occasionally.
4. In a separate skillet, season the ground turkey and cook on medium heat until thoroughly browned. (Drain any fat that may appear in the skillet).
5. When turkey is done, add to sauce and stir.
6. Serve sauce over whole wheat noodles, Ezekiel toast or spaghetti squash.