

Zesty Tomato and Turkey Spaghetti Sauce (Low Sodium)

1 Tbsp	Canola oil
2 cloves	garlic, minced
2	onions, chopped
1 lb	lean ground turkey
1 small can	tomato paste
1 large can	no added salt tomatoes, undrained, chopped
2 tsp	dried oregano
1 tsp	dried basil
¼ tsp	pepper

1. Heat oil in a large frying pan. Stir in garlic and onions and cook for a few minutes.
2. Add ground turkey or beef. Cook until browned.
3. Sit in tomato paste, tomatoes, oregano, basil, and pepper. Bring to a boil.
4. Reduce heat and simmer for at least 15 minutes, longer the better. Add some water if too thick.

Nutrition Facts

Per 1/6 of sauce

Calories 220

Fat 8 g

Sodium 100 mg

Carbohydrates 12 g

Protein 23 g