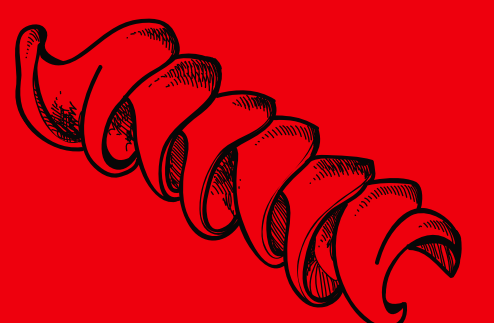


Pasta with Homemade Meat Sauce

- 1 box of whole wheat pasta
- 1 lb. ground turkey or meat of your choice
- 1 onion, chopped
- 3-4 cloves of garlic, minced
- 1-15 oz. can crushed or dice tomatoes
- 1 package baby spinach, washed
- 1-10 oz. bag frozen mushrooms
- 2 tbsps. Parmesan cheese
- 1/2 tsp. ground black pepper
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- Dash of cinnamon
- 2 tsp. EVOO



Pasta with Homemade Meat Sauce

1. Wash your hands with warm, soapy water for 20 seconds. Make sure to scrub under your finger nails, around your wrists, and in between your fingers.
2. Fill a large pot with water and bring to a boil.
3. Place pasta in boiling water and cook until pasta is al dente (4-6 minutes).
4. Drain pasta and place in a large bowl. To keep pasta from sticking, drizzle some EVOO (1 tsp.) over the pasta.
5. Remove turkey burger from packaging and place in pot with 1 tsp. EVOO. Cook until the turkey is browned and has reached an internal temperature of 165 degrees Fahrenheit.
6. Open can of diced tomatoes, and add to the pot.
7. Chop onion and mince garlic, and add to the pot. (I processed mine in a NutriBullet.)
8. Add spinach, mushrooms, and seasonings to the pot.
9. Cook over medium heat for 15-20 minutes, or until the spinach has wilted and the mushrooms are soft.
 - a. Do not be alarmed if the sauce looks watery. The spinach & mushrooms will render some water.
10. Keep stirring the contents of the pot, so that nothing sticks to the bottom and so that everything mixes together.
11. Pour the sauce out of the pot, into the bowl with the pasta. Mix together, until the pasta is covered by the sauce.
12. Serve with shredded or grated Parmesan cheese. (Approximately 2 tbsps.)