Turkey Meat Sauce  
Makes 5 servings

Ingredients:
- 1 tablespoon vegetable oil
- ½ pound lean ground turkey
- 1 green bell pepper
- 1 large onion
- 2 cloves garlic
- 1 28-ounce can of whole tomatoes
- 1/2-1 teaspoon dry oregano
- 1/2 teaspoon black pepper
- 1 6-ounce can tomato paste
- 1 pound cooked pasta or rice

Directions:
1. Put oil in skillet, heat. Add turkey and cook, stirring occasionally, for about 5 minutes. Drain off fat.
2. Wash and chop green pepper. Peel and chop onion. Peel and mince garlic.
3. Add green pepper, onion, and garlic to turkey. Stir and cook for another 5 minutes.
4. Chop tomatoes and add them, including their juice, to the turkey mixture. Add oregano and black pepper. Simmer covered for about 15 minutes, stirring occasionally.
5. Remove cover, stir in tomato paste, and simmer for about 10 more minutes, stirring often.
6. Serve over 1 pound cooked pasta or rice.

Variation: For smoother sauce substitute crushed canned tomatoes for whole canned tomatoes.


Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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