

LOW-FAT TURKEY SPAGHETTI SAUCE

Ingredients

- 2 lbs Ground Turkey
- 1/2 cup white onions, minced
- 4 cloves of garlic, minced
- 1 can crushed tomatoes (28 oz)
- 3 cans tomato sauce (14.5 oz)
- 1 can tomato paste (6 oz)
- 1/2 cup water
- 2 tbsp granulated sugar
- 2 tsp dried basil
- 2 tbsp dried oregano
- 2 tsp salt
- 1 tsp ground black pepper

Directions

In a large stock pan, brown the ground turkey, onions, and garlic together. Drain excess grease. Stir in crushed tomatoes, tomato sauce, tomato paste and water. Gently fold in sugar, basil, oregano, salt and pepper. Enjoy!

Recipe makes five pints