



Loaded Meat Sauce



prep time
5-10 min



total time
20-25 min



servings
4-6

Ingredients

- 1 lb/450 grams ground turkey
~ 12.5 protein servings
- 1 squash, diced ~ 2 carb servings
- 1 small zucchini, diced (about 1/2 cup)
~ .5 veggie serving
- 1 small squash, diced (about 1/2 cup)
~ .5 veggie serving
- 2 tablespoons extra virgin olive oil
~ 2 fat servings
- 1 onion, diced ~ 1 veggie serving
- 2 garlic cloves, minced
- 1 8-ounce package baby Bella mushrooms, finely diced
~ 1 veggie serving
- 1 teaspoon Italian seasoning
- 1/4 teaspoon hot pepper flakes,
more as desired
- 1 24-ounce/720 grams jar of your
favorite spaghetti sauce
~ 8 veggie servings
- Fine sea salt, as needed
- Black pepper, as needed

 simple meal prep

Instructions

1 Heat oil in a large 12" skillet over medium heat. Once hot, add onion and garlic and sauté for 2-4 minutes, until onions begin to soften and garlic is fragrant.

2 Add in mushrooms and other diced vegetables and let cook for 5-7 minutes, until veggies begin to soften, and water reduces from mushrooms.

3 Add in ground beef and seasoning and cook until no pink remains, about 5 minutes.

4 Add in spaghetti sauce. Reduce heat to a simmer for 5 minutes. Taste and adjust seasoning as desired.



5 Serve hot over pasta, zucchini noodles, or spaghetti squash.

Whole Recipe Breakdown:
12.5 Servings Protein
2 Servings Carb
2 Servings Fat
11 Servings Veggies

