

# TURKEY BOLOGNESE

Bolognese (bow·luh·neiz) is a hearty and *slow* cooked pasta sauce with tomatoes, veggies, and meat. Our weeknight version uses a super flavorful spice blend to get all the great flavor in a fraction of the time. Spicing a leaner protein like ground turkey is a great way to mimic Italian sausage. Add nutrient dense carrots and other vegetables into the sauce to (sneakily) add more veggie content to a meal!



## Ingredients

- 1-2 carrots
- 4 cloves of garlic
- 1 onion
- 4-6 sprigs of thyme
- 16 oz can tomato sauce
- 1 tbsp Hungarian spice blend
- 1 lb spaghetti
- 1/3 - 1/2 cup grated parmesan cheese
- 2 lbs ground turkey

From your pantry

- olive oil
- salt & pepper

### Equipment:

- Large pan
- Baking sheet
- Baking dish

**PREPARATION: 15 MIN**

**COOKING: 30 MIN**

**READY IN: 45 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce.*

1. Peel and grate **carrots**. Mince or grate **garlic**. Small dice **onion**. Remove **thyme** leaves from stem.
2. Using a large pot bring 4 qts of salted water to a boil. Once the water is at a rolling boil, add **spaghetti** and cook for 8-12 min until al dente. Reserve 1 cup pasta water. Drain pasta and toss with 1 tbsp oil.
3. While the pasta is cooking make the Bolognese sauce. Heat 1 tbsp oil in a large sauté pan over medium heat. Add **turkey, Hungarian spice blend** and salt and pepper. Cook, breaking apart with a spoon until turkey is fully cooked, about 6-8 minutes. Add **onion and carrot** and cook another 3-4 min until softened picking up all the brown bits from the pan. Add **garlic and thyme**, cook another minute.
4. Add **tomato sauce, pasta water** and a pinch of salt and pepper. Stir to incorporate and bring to a simmer. Simmer for 8-10 min until sauce has reduced and flavors have incorporated.
5. Divide pasta between bowls. Top with plenty of bolognese sauce and garnish with parmesan cheese. Enjoy!

# Tips, Tricks, and Terms

## WHAT'S THE DEAL WITH ALL THE TURKEY?

As you've probably noticed, the Community Cooks Meal Boxes have included ground turkey more frequently than ground beef or other proteins. Local ground turkey is budget-friendly right now which allows us to send 2 lbs per box (twice as much). While ground turkey and ground beef are similar nutritionally, their environmental impact varies. Some beef production creates significantly more carbon dioxide emissions than poultry.

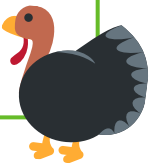
The recipe team is committed to finding ways to use ground turkey, a cost effective, environmentally friendly, and locally-produced protein that tastes delicious! We'd love to hear your favorite uses!

### A little about...

**HUNGARIAN SPICE BLEND:** two types of paprika give this spice blend sweet and smoky depth! Delicious on roasted meats, in soups or stews, or beans and grains.

- 2 tbsp sweet paprika
- 1.5 tsp smoked paprika
- 1.5 tsp dried rosemary
- 1.5 tsp dried thyme
- 1.5 tsp crushed fennel seeds
- 1.5 tsp oregano

Mix and store in an airtight container.



Special thanks to Hunger Solutions and Street Fleet for making the next few weeks delicious! Funds from Hunger Solutions allow us to partner with Street Fleet and deliver the meal boxes directly to you!



THANKS TO OUR AMAZING GROUP OF PARTNERS!

