

Ground Turkey Goulash

Prep Time: 15 minutes Cook Time: 30 minutes

Servings: 8

Ingredients:

- 1 pound ground turkey
- 1 (14 oz) can diced tomatoes
- 3 cloves garlic, minced
- 1 cup tomato sauce
- 2 teaspoons white sugar
- ½ teaspoon dried basil
- 1 (16 oz) package bow tie pasta



Source: Allrecipes.com

Directions:

In a large skillet, cook the ground turkey until

1. browned
2. Stir in tomatoes, garlic, tomato sauce, sugar, and basil, simmer for about 20 minutes
3. Cook pasta per instructions on the package and drain
4. Add pasta to skillet, combine and serve

Nutrition (per serving):

Calories: 311; Total Fat: 6g; Saturated Fat: 2g; Sodium: 325 mg; Total Carbohydrate: 47g; Dietary Fiber: 3g; Total Sugars: 6g; Protein: 18g; Vitamin C: 6 mg; Calcium: 44 mg; Iron: 3mg; Potassium: 447 mg