

Turkey Mac

Sprinkle a teaspoon or two of Parmesan cheese over each serving, if desired. Serve with fresh asparagus or green beans, baked apple slices and whole wheat toast.

- 1 pound ground turkey breast meat
- 1 large onion
- 1 carrot, diced
- 1 clove garlic, minced
- 1 red or green bell pepper, diced
- 1 15 ounce can tomato sauce
- 1 15 ounce can water
- 1 cup whole wheat, corn or brown rice elbow macaroni, uncooked
- 1 teaspoon oregano leaves, crushed
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper

In a large non-stick skillet or heavy saucepan, cook turkey, onion, carrot, and garlic over Medium heat until turkey changes color and vegetables start to soften. Stir in remaining ingredients; cover. Simmer over Low heat 15-20 minutes until macaroni is tender, and liquid is absorbed. Stir several times while cooking.

Servings: 6

Yield: 1 cup per serving

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

water

Amount Per Serving	
Calories	185.41
Calories From Fat (9%)	15.98
% Daily Value	
Total Fat 1.81g	3%
Saturated Fat 0.46g	2%
Cholesterol 32.51mg	11%
Sodium 1199.98mg	50%
Potassium 601.00mg	17%
Carbohydrates 25.99g	9%
Dietary Fiber 2.96g	12%
Sugar 7.88g	
Sugar Alcohols 0.00g	
Net Carbohydrates 23.03g	
Protein 16.62g	33%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 pound ground turkey breast meat	1 x 1 lb of Turkey breast meat
1 large onion	1 x 1 large onion of Onions, raw
1 carrot, diced	1 x 1 large (7-1/4" to 8-1/2" long) of Carrots, raw
1 clove garlic, minced	1 x 1 clove of Garlic, raw
1 red or green bell pepper, diced	1 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, green, raw
1 15 ounce can tomato sauce	1 x 1 can (15 oz) of Tomato products, canned, sauce
1 15 ounce can water	Not linked
1 cup whole wheat, corn or brown rice elbow macaroni, uncooked	1 x 1 cup of Macaroni, dry, enriched
1 teaspoon oregano leaves, crushed	1 x 1 teaspoon of Spices, oregano, ground
1/8 teaspoon salt	0.13 x 1 teaspoon of Salt, table
1/4 teaspoon ground black pepper	0.25 x 1 teaspoon of Spices, pepper, black

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