

Zucchini Noodle Bolognese

Zucchini Noodle Bolognese

Ingredients

4 zucchini
2 tablespoons olive oil
 $\frac{1}{2}$ sweet onion, diced
1 celery stalk, diced
1 carrot, diced
1.33 lbs. 93% lean ground turkey (or beef)
1 teaspoon red pepper flakes
3 cloves of garlic, minced
 $\frac{1}{2}$ tablespoon oregano
20 ounces canned crushed tomatoes (San Marzano or other)
1 tablespoon tomato paste
 $\frac{1}{3}$ cup chopped basil
Salt and pepper

Method

1. Add the olive to a large pan over medium heat. Add the celery, carrots, and onion. Cook for 4-5 minutes. Add the turkey, garlic, and red pepper flakes. Continue to cook, breaking up the turkey, until it is no longer pink, Season with salt, pepper, and oregano.
2. Add the crushed tomatoes and tomato paste. Bring to a simmer. Cover and let simmer for 15 minutes at least.
3. Meanwhile using a spiralizer, mandolin, sharp knife, or peeler, cut your zucchini into noodles or ribbons.
4. Add the zucchini to the sauce and cook for 3-4 minutes until tender. Stir in basil and season with salt and pepper as needed.

Notes

7 WW SmartPoints

Prep

- Prep: 10 Minutes
- Cook: 25 Minutes
- Total Time: 35 Minutes

Source: Slender Kitchen (4 servings)