

FETTUCCINE WITH TURKEY BOLOGNESE SAUCE

INGREDIENTS

- 1 T Olive oil
- 1 Onion (medium) (chopped)
- 1 Carrot (chopped)
- 1 Celery (stalk) (chopped)
- 1 clove Garlic (crushed)
- 1 can Tomatoes (28 oz) (crushed)
- 1/4 t Salt (plus additional for pasta water)
- 1/4 t Black pepper
- 1/2 C Almond milk **OR** soy milk **OR** coconut milk **OR** rice milk **OR** hemp milk
- 2 C Turkey (cooked) (chopped)
- 1 pkg Fettuccine **OR** linguine (16 oz)
- 1 C Parsley leaves (fresh) (loosely packed) (chopped)
- 1/2 C Vegan parmesan cheese (grated or shred) (optional)



DIRECTIONS

- 1 Heat oil in a large saute pan on medium until hot
- 2 Add onion, carrot & celery & cover the pan
- 3 Cook, stirring occasionally, until tender (8 minutes)
- 4 Stir in garlic & cook (1 minutes)
- 5 Add tomatoes, salt & pepper & heat to boiling on medium - high heat
- 6 Reduce heat to low & simmer uncovered (10 minutes), stirring occasionally
- 7 Stir in 'milk' and turkey & heat mix
- 8 In a large pot of boiling salted water, cook the pasta as label directs
- 9 Reserve 1 C of pasta cooking water, drain pasta & return the pasta to the pot
- 10 Add the turkey bolognese sauce, chopped parsley & vegan cheese (optional to the pot)
- 11 Toss the mix thoroughly & add pasta cooking water if sauce is too thick

NOTES

Serves 6

