

# Spaghetti with Lots of Veggies

## INGREDIENTS

1 lbs ground turkey or beef  
8 oz package whole wheat noodles or other noodles (zoodles, gluten-free noodles, etc)  
1 jar marinara sauce  
1 cup chopped mushrooms  
1 cup chopped eggplant  
1 cup chopped bell peppers  
1 cup chopped onions  
1 tsp dried red pepper flakes  
1 tbsp fresh oregano, chopped  
1 tbsp fresh basil , chopped  
1 tbsp fresh parsley, chopped  
1 tbsp olive oil  
Salt and pepper to taste

## INSTRUCTIONS

In large skillet, drizzle 1 tbsp olive oil. Season with salt and pepper and sauté ground meat until done- about 7-8 minutes. Remove from pan and set aside.

Place vegetables in the pan—mushrooms, eggplant, peppers, and onions. Sauté until tender. Add red pepper flakes and mix throughout. Add ground meat and 1 jar marinara sauce. Add fresh herbs, and simmer down for flavors to merge—about 6 minutes.

Heat large part water to boil. Season with with dash of salt. Cook noodles according to directions.

Serve 1 heavy cup of sauce over 1 cup pasta. Garnish with fresh herbs.