



Rotini Italian Style

Ingredients:

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| 1 packet of IP Rotini | 1 small green pepper chopped |
| Spaghetti sauce (phases 1-4) | Fresh button mushrooms |
| 1 lb lean ground turkey or beef | 2 tbsp minced garlic or 2 cloves |
| 8 large tomatoes | 2 tbsp of Italian seasoning |
| 1 medium onion chopped | 1/4 tsp red pepper flakes |

Directions:

Brown turkey or ground beef, add garlic powder while cooking meat for more flavorful sauce, drain off any fat, add all vegetables and water, except tomatoes. Cook on low with lid until vegetables are cooked through.

In a blender or food processor, puree 6 of the tomatoes, add the Italian seasoning, garlic, red pepper flakes, and give it another little whirl. You need to boil this for about 20 minutes and skim off the water and froth. Pour into cooked ground turkey or ground beef mixture and turn on low heat.

Chop remaining 2 tomatoes however small or large you like your chunks in sauce, add to mixture and simmer on low for 20-30 minutes. Prepare rotini and top with sauce.