

Spicy Veggie Meat Sauce & Pasta

Serves 4

Introduction from Cameron Linville (@freckledfoodie)

Is there anything more comforting than a bowl of pasta with a hearty red sauce? I don't think so! This one is filling while also loaded with vegetables; a perfect way to sneak some veggies into your day, especially if you are cooking for children!

Choosing the Right Salt

I chose the Morton® Fine Himalayan Pink Salt for the sauce so that it easily disperses and is included in each bite. I chose the Morton® Coarse Himalayan Pink Salt for the finishing touches so that it provides that extra pop of flavor and crunch.

Ingredients

- 1 zucchini
- 1/2 head broccoli
- 1 carrot
- 2 cloves garlic
- 1 onion
- 2 teaspoon olive oil
- 1 teaspoon Morton® Fine Himalayan Pink Salt
- 1 28oz can crushed tomatoes
- 1 tablespoon tomato paste
- ½ teaspoon oregano
- ½ teaspoon basil
- 1 lb. ground turkey
- ½ teaspoon cracked black pepper
- ½ teaspoon red pepper flakes

½ teaspoon cayenne pepper

½ teaspoon Morton® Coarse Himalayan Pink Salt

1 1/2 cups spaghetti

1 pinch Morton® Coarse Kosher Salt

Instructions

1. Using a knife or a food processor, chop the zucchini, broccoli, carrot, garlic, and onion into very small pieces and set aside.
2. In a large pot, add 1 teaspoon of olive oil and the chopped garlic and onion and sauté for ~5 minutes, or until translucent.
3. Add the chopped zucchini, broccoli, and carrot into that pot, season this mixture with 1/2 teaspoon of Morton® Fine Himalayan Pink Salt, and sauté for ~15 minutes, or until all of the vegetables are cooked through.
4. Add one 28oz can of crushed tomatoes, 1 tablespoon of tomato paste, 1/2 teaspoon of oregano, and 1/2 teaspoon of basil into the large pot, place on low heat, and cook, covered.
5. While the sauce is cooking, add 1 teaspoon of olive oil and then the ground turkey onto an already hot skillet.
6. Allowing the ground turkey to brown on one side for ~5 minutes, season the side facing up with 1/2 teaspoon of Morton® Fine Himalayan Pink Salt, 1/2 teaspoon of cracked black pepper, 1/2 teaspoon red pepper flakes, and 1/2 teaspoon of cayenne pepper.
7. Using a wooden spoon, break the ground turkey into small pieces and stir in the skillet for ~10 minutes, or until all of the pieces of turkey are cooked through and broken up.
8. Once the turkey is cooked through, add it to the large pot with the sauce and stir to combine.
9. Cook this mixture on low simmer for an additional ~20 minutes.
10. While the sauce is finishing, add the pasta to boiling water with a pinch of Morton® Coarse Kosher Salt and cook to your liking according to directions on the pasta package.
11. Strain the pasta and serve in a bowl topped with the spicy veggie meat sauce and top with 1/2 teaspoon Morton® Coarse Himalayan Pink Salt.