

Best Turkey Bolognese

Adapted from [The Well-Rounded Pregnancy Cookbook](#)

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, diced finely
- 2 medium carrots, peeled and diced
- 2 stalks celery, diced finely
- 3 cloves garlic, minced
- 1 1/2 pound ground turkey
- 1 cup dry red or white wine, or chicken/veggie stock
- 1/4 cup tomato paste
- 1 (28-ounce) can whole plum tomatoes
- 2 bay leaf
- 1 teaspoon salt
- 1 tablespoon fresh oregano or 1 teaspoon dried oregano
- 2 teaspoons fresh thyme or 1/2 teaspoon dried thyme
- 1 (16-ounce) box spaghetti

Preparation:

In a large saucepan or dutch oven, heat the olive oil over medium heat. Add the onions, carrots, celery and cook until softened, about 10 minutes. Add the garlic, and cook for 1 minute. Mix to combine.

Add the ground turkey and cook until browned, about 10 minutes. Increase the heat to medium-high heat, add the wine, and cook until the wine is almost evaporated, about 5 minutes. Add the tomato paste, tomatoes and their juice, bay leaf, and the salt. Crush the tomatoes with the back of the wooden spoon. Reduce the heat to a simmer, and cook uncovered, stirring occasionally, for 1 hour. Add the oregano and thyme and continue to simmer until the sauce has thickened, for about 30 minutes. Taste for seasonings, and add salt and pepper if needed.

As the sauce is cooking, towards the end of the cooking time - cook the pasta according to the package directions. Drain well, transfer to bowls and top with the sauce. Serve with freshly grated parimigiano-reggiano.

Yield: 6 to 8 servings

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