

Tasty Turkey & Veggie Dinner

2 lbs ground turkey

1 small onion (chopped)

1 Tbsp minced garlic

1 cup good quality tomato sauce

1 cup ketchup

1 can of Rotel

1 -2 tsp salt (to your liking)

1 bag of frozen mixed veggies

Start cooking the ground turkey and small onion in a large pot. Once the turkey is almost cooked through, add the garlic and finish cooking the turkey. Add the can of Rotel, sauce, ketchup and salt. Let simmer for 10 minutes. Then add the frozen veggies. Continue to simmer until veggies are hot. I made garlic couscous and piled this on top of it. My teenager got seconds! Family approved.