



Vegetable Ragu with Whole Wheat Pasta

4 Servings • 1 Serving = $\frac{1}{4}$ Cup Ragu and $\frac{3}{4}$ Cup Pasta

INGREDIENTS

- 1 Tablespoon olive oil
- $\frac{1}{4}$ onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, finely chopped
- 1 large stalk of celery, finely chopped
- Pinch red pepper flakes
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$ pound ground turkey or ground beef (at least 93% lean)
- 16 ounces tomato sauce, no sugar or salt added
- 2 cups dry whole wheat penne or fusilli pasta
- $\frac{1}{4}$ cup parmesan cheese, grated

DIRECTIONS

1. Bring a large pot of water to a boil.
2. Heat a large skillet over medium heat. Once hot, add oil, onion, garlic, carrot, and celery. Sauté 4-6 minutes, stirring frequently, until slightly softened and fragrant. Add the red pepper flakes and Italian seasoning and stir.
3. Add ground turkey or beef to the skillet. Crumble the meat with a spatula, cover with a lid, and cook through, stirring occasionally.
4. Once the meat is fully cooked, add tomato sauce. Bring to a boil, then reduce heat to simmer. With the lid on, simmer for 5 minutes.
5. While the sauce is simmering, add the pasta to the boiling water and cook until al dente. Drain the pasta.
6. Portion $\frac{3}{4}$ cup pasta into four bowls and evenly divide the sauce among the bowls. Garnish each serving with 1 Tablespoon of parmesan cheese.

Nutrition Facts

4 servings per container
Serving size **About $\frac{3}{4}$ cup ragu with $\frac{3}{4}$ cup pasta (283g)**

Amount per serving
Calories 280

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 2mg	10%
Potassium 607mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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