Dinner Tonight!

Not in a Jar Spaghetti Sauce

1 pound turkey breakfast sausage 1 (29 ounce) can low sodium tomato sauce
1/2 cup minced yellow or white onion 1 Tablespoon Italian seasoning
1 teaspoon minced garlic 1/2 teaspoon black pepper
1 Tablespoon olive oil

In a large skillet brown turkey sausage. In a large saucepan add onions, garlic, olive oil and Italian seasoning. Heat over medium heat until onions are tender. Add tomato sauce, cooked sausage, salt and pepper to large saucepan; cover and simmer about 30 minutes. The longer it cooks the better it gets!

Preparation Time: 10 minutes  
Cook Time: 30 minutes  
Serves: 4  
Cost per serving: $1.05

Nutrition facts per serving
Calories: 50  
Total Fat: 4 g  
Cholesterol: 2 mg  
Sodium: 2 mg  
Total Carbohydrate: 3 g  
Protein: 0.3 g

Serve over: whole wheat pasta or spaghetti squash. Serve with green beans and a side salad.