



Ashley's Meal Prep Monday!



Turkey Hamburger Helper

INGREDIENTS

- 1 pound ground turkey
- 1 white onion, sliced
- 1 TBSP avocado oil
- 3 cups beef broth
- 2 cups sliced cremini mushrooms
- 2 TBSP Worcestershire sauce
- 1 TBSP red wine vinegar
- 4 cloves garlic, minced
- 1 TSP dried thyme
- 1/2 TSP salt
- 1/2 TSP pepper
- 3 cups wide egg noodles
- 2 cups zucchini, sliced into quarters
- 1 cup cottage cheese
- 2 TBSP GF flour
- 1 TBSP Dijon mustard
- freshly chopped parsley

In a large pot over med to low heat, add 1 TBSP oil, ground turkey and sliced white onion. Break apart into small pieces using a meat masher and cook down. Next, add in broth, mushrooms, Worcestershire sauce, red wine vinegar, garlic, thyme, salt/pepper. Stir well and bring to a boil. Lower heat to low, cover and simmer for 5 minutes.

In the meantime, add cottage cheese, flour, Dijon mustard and 1/4 cup of liquid from the pot to a blender and blend till creamy - set aside.

When ready, add egg noodles and zucchini to the pot. Mix well, cover, and allow to simmer for 5-7 minutes - stirring occasionally.

Mix in sauce last and let sit for a few minutes to thicken. Mix well and serve with fresh parsley.



Recipe: lovelylidelites.com

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