

HEALTHIER HAMBURGER HELPER

SERVES

8

**PREP & COOK
TIME**

40 min.

DIFFICULTY



INGREDIENTS

- 2 tbsp. olive oil
- 1 large onion, chopped
- 1 large carrot, grated or finely chopped
- 1 lb. ground turkey
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 1/2 tsp. garlic powder
- 2 tsp. paprika
- 2 tbsp. tomato paste
- 1 tbsp. soy sauce
- 3 cups baby spinach, roughly chopped
- 8-10 ounces elbow macaroni
- 3 cups beef broth
- 3/4 cup plain yogurt
- 1 cup shredded cheddar cheese

INSTRUCTIONS

1. Heat olive oil over medium heat in a large pot. Add onion and carrot and cook until softened, about 5 minutes.
2. Add ground turkey, breaking it up into small crumbles. Cook until browned. Stir in salt, pepper, garlic powder, paprika and tomato paste and cook for 30 seconds. Add soy sauce, spinach, pasta and beef broth.
3. Cover and bring to a simmer. Cook until pasta is tender, about 10 minutes, stirring occasionally. If the liquid fully evaporates before the pasta is cooked, stir in an additional 1/2 cup of broth or water.
4. Remove the lid then stir in the yogurt and cheese until melted.
5. Enjoy warm.

HEALTHY TIP

If you don't have plain yogurt on hand, you can substitute sour cream.