

ZOODLES & MEAT SAUCE

PREP TIME: 5 MINS - COOK TIME: 10 MINS - TOTAL TIME: 15 MINS

Serves: 2-4

INGREDIENTS

- 1 pound chopped meat, turkey, chicken, or veal
 - 4-5 medium zucchini's, or 4 cups spirialized zucchini)
 - 2 cubes frozen garlic
 - 1 small can of tomato sauce
 - Italian Seasoning Herb Blend
 - 1/4-1/2 C. low-sodium Chicken Stock
 - Salt & pepper, to taste
1. If you are working with whole zucchini, spiralize according to the directions on the package into a large bowl. Set aside.
 2. In medium pan brown chopped meat until cooked through. Remove from pan and set aside.
 3. Add garlic cubes to the pan, browning it in the juices from the meat. Do not burn.
 4. Add spirialized zucchini noodles to the garlic. Add chicken stock. Toss the noodles to fully coat. Cover the pan over medium heat to steam the zoodles, about 2-3 minutes. (Tip: try not to overcook the zucchini, as it will become mushy).
 5. Uncover pan and add chopped meat and canned tomato sauce. Stir to combine well over low heat. Serve immediately.

*Note: Recipe makes four Phase 2 servings but protein may be adjusted to create two Phase 3 servings.