

Turkey Ragu For Pasta

I really like the idea of using ground turkey to lighten up a ragu. Anyone who loves Italian pasta needs a really good tasting ragu recipe and I think this definitely fits the bill. Buon gusto! Making it tonight with chitarra pasta (a long, thick square shaped pasta).

1 medium onion
2 carrots
1 celery rib
1 red bell pepper
3 garlic cloves
1 Tbsp. unsalted butter
1 Tbsp. EVO
1 lb. ground turkey
1 Tbsp. fresh rosemary, chopped or 1 tsp. dried rosemary, crumbled
3/4 tsp. fresh oregano, chopped or 1/4 tsp. dried
1/2 cup dry red wine
14 oz. tinned plum tomatoes, drained & chopped
14 oz. Passata (Italian tomato puree in a bottle)
1 Tbsp. tomato paste
1 3/4 cups beef stock, homemade** or low salt beef stock
1/8 tsp. ground cinnamon, or to taste
1 lb. long pasta

Garnish: 3 - 4 Tbsp. chopped flat leaf parsley

Finely chop onion, carrots, celery & bell pepper. Mince the garlic.

In a large heavy skillet melt butter with EVO over medium heat until hot. Add the turkey & cook. Stirring & breaking up lumps with a fork, until cooked through, about 3 minutes. Transfer turkey to a bowl with a slotted spoon. Sauté the chopped veggies, garlic & herbs, adding salt & pepper to taste, until veggies are softened. Add wine & cook until most of the liquid evaporates. Stir in the tomato paste & cinnamon & cook for a minute; add the chopped tomatoes & passata, stock or broth; simmer 15 – 30 minutes, or until all the flavours have come together. Season with salt & pepper & keep warm.

Heat a large pasta serving bowl.

Bring a very large pot of water to a boil. Add 1 – 2 Tbsp. salt. Cook pasta until al dente. Reserve 1 cup pasta cooking water; drain pasta in a colander & return to the pot containing the ragu. Toss until well coated, adding a bit of the reserved cooking water if sauce is a bit too thick for a minute or so. Pass either Parmigiano Reggiano or Pecorino Romano or both, for sprinkling on the pasta if you wish.

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