

Tender Turkey Garden Pasta Supper

Printable recipe guide

Ingredients and step-by-step preparation in one easy

INGREDIENTS

- 1 cup whole wheat pasta (small shapes like orzo or macaroni)
- 1 cup ground turkey (lean, cooked thoroughly)
- 1/2 cup carrots (finely chopped, cooked)
- 1/2 cup zucchini (finely chopped, cooked)
- 1/2 cup green beans (cut into small pieces, cooked)
- 1/4 cup plain water or homemade unsalted broth with no onion, garlic, chives, leeks, or added seasoning
- 1 tablespoon olive oil

STEP-BY-STEP PREPARATION

- 1 Cook the whole wheat pasta according to package instructions until al dente.
- 2 In a large skillet, heat olive oil over medium heat.
- 3 Add the cooked carrots, zucchini, and green beans to the skillet with the turkey.
- 4 Pour in the plain water or homemade unsalted broth and stir until everything is evenly coated.
- 5 Combine the cooked pasta with the turkey and vegetable mixture, stirring well to combine.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: No supplement recommendation is provided.. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.