

Turkey Ragu over Garlic Bread

Prep time 20 min Cook time 15-20 min

Ingredients:

Loaf of Ciabatta bread

1 lb. ground turkey

1 shallot

1/3 of a red bell pepper

2 large cloves of garlic

chili powder

dried basil

dried oregano

espresso powder

butter

grapeseed oil (or other flavorless oil)

low sodium chicken stock

salt

pepper

Pre-heat oven to 400 degrees.

Begin by chopping shallot and bell pepper, and finely chopping or mincing 2 cloves of garlic. Put chopped veggies into skillet with approx. 1 Tbs. grapeseed oil and 1 Tbs. butter. Add large pinch of flake salt (or whatever kind of salt you prefer) and several cracks of fresh ground pepper. Sauté mixture until completely softened, and shallots are just beginning to turn light brown (not caramelized). Add ground turkey into pan and break up into small chunks. Add 1 Tbs. (yes, Tbsp.) of Chili powder, 1 tsp. Italian seasoning, ½ tsp. each of dried basil and dried oregano (they are both in the Italian seasoning, but I like to add just a bit more of each), and ½ tsp. of espresso powder. With spatula or spoon, fold spices into turkey veg mixture, continuing to break up the meat into smaller and smaller pieces. When turkey is about half cooked, add one 6 oz. can of tomato paste, and thoroughly combine. Start to slowly add small amounts of chicken stock, stirring into mix as you go. You want to add just enough to loosen the ragu; not enough to make it soupy. Reduce down and add a little more stock to loosen again. Repeat this process 2-3 times. Mixture should remain thick/ chunky. Remove from heat after final reduction, and set aside.

Cut 4-6 slices of Ciabatta bread approximately 1 inch thick. Generously butter both sides of bread and place on sil-pat lined baking sheet. Put in 400-degree oven for 15-20 minutes. Check bread after 10 minutes and up oven temp to 450 degrees (leaving bread in the oven). Bake until a nice dark golden brown. The bread needs to be really well toasted to hold up to the ragu. Immediately after removing from oven, cut one clove of garlic in half and rub over each piece of toast. Serve with generous topping of ragu (easiest to eat with a knife and fork).

