

SLOPPY JOE'S

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 8 (Serving= 1/2 cup sloppy Joe mixture and 1 whole wheat bun)

Nutrition (per serving)

Calories: 245

Total Fat: 3 g

Saturated Fat: 0.5 g

Sodium: 386 mg

Total Carbohydrate: 35 g

Dietary Fiber: 4.5 g

Protein: 21 g



Ingredients

- 1 Tablespoon canola oil
- 1 cup finely chopped bell pepper
- 1 cup finely chopped white or yellow onion
- 2 cloves garlic, finely minced
- 19 ounces 99% lean ground turkey breast
- 1 – 6 ounce can tomato paste
- ¼ cup sweet pickle relish
- 2 Tablespoons Worcestershire sauce (for GF version read ingredients list as some may contain wheat or malt)
- 1 Tablespoon chili powder
- ½ Tablespoon Splenda® brown sugar blend
- 1/8 teaspoon salt
- 1 cup water
- Whole wheat hamburger buns (or gluten free buns for GF version)



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HEALTHCARE

Directions

1. In a medium skillet on medium heat, sauté peppers, onions and garlic in oil for 3 minutes.
2. Add ground turkey to skillet and cook until meat is white, about 5 minutes.
3. Remove from heat. Add tomato paste, relish, Worcestershire, chili powder, brown sugar and salt. Mix together.
4. Place mixture in crockpot and add water.
5. Cook for 3 hours on low, stirring half way through.