

Sloppy Janes

Sloppy Joes get a makeover with lean ground turkey instead of beef, plus plenty of zing from garlic, onions, peppers, tomatoes and hot sauce.

Prep time	Cook time	Servings	Serving size
10 min	20 min	8	1 sandwich

Nutrition Facts	
8 Servings	
Serving Size	1 sandwich
Amount per serving	
Calories	
250	
Total Fat 7g	
Saturated Fat 1.6g	
Trans Fat 0.1g	
Cholesterol 45mg	
Sodium 390mg	
Total Carbohydrate 31g	
Dietary Fiber 5g	
Total Sugars 10g	
Protein 16g	
Potassium 510mg	
Phosphorus 240mg	

Choices/Exchanges: 1 1/2 Starch, 1 Nonstarchy vegetable, 2 Lean protein, 1/2 Fat

Ingredients

Nonstick cooking spray	1	medium onion (diced)	1
medium red bell pepper (seeded and diced)	1	garlic (minced)	1 clove
lean ground turkey	1 lbs	tomato paste	1 tbsp
Dijon Mustard	2 tbsp	hot sauce	1 tbsp
canned crushed tomatoes	2 cup	honey or 2 packets artificial sweetener	1 tbsp
black pepper	1/2 tsp	whole wheat hamburger buns	8

Shop Ingredients

Directions

- 1** Add cooking spray to a nonstick sauté pan over medium-high heat.
- 2** Add onion, red bell pepper and garlic. Sauté for 5 minutes, stirring frequently.
- 3** Add turkey and sauté 5-7 minutes, stirring frequently until turkey is just cooked through.
- 4** Add tomato paste, Dijon mustard, hot sauce, tomatoes, honey and ground black pepper. Bring to a simmer for 5 minutes, stirring frequently.

- 5** Toast the hamburger buns. Fill each bun with 1/2 cup turkey mixture to make 8 sandwiches. Optional: top each sandwich with lettuce, red onion, or pickles for crunch.

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