

TURKEY SLOPPY JOES



Makes 6 servings
Serving Size: 1 sandwich

Prep Time: 15 minutes
Cook Time: 10 minutes

Ingredients

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

Directions

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.



Eat Smart

Nutrition information Per Serving

230 calories	
Total Fat	3 g
Saturated Fat	0 g
Protein	23 g
Total Carbohydrate	30 g
Dietary Fiber	3 g
Sodium	620 mg

 **Good Source of Iron**

Recipe analyzed using
99% fat free ground
turkey

