

# SLOPPY JOES



## INGREDIENTS:

- 1 lb 93/7 ground turkey
- 1 15 oz can tomato sauce
- 2 tbsp tomato paste
- 1/2 tbsp Worcestershire sauce
- 1/2 cup chopped onions
- 1 medium bell pepper (chopped)
- 1/2 tbsp olive oil
- 1 whole wheat or GF bun (~110 cal)

## DIRECTIONS:

1. Heat a pan on medium-high heat
2. Lower heat to medium and add half of the olive oil, allow it to heat for a few minutes
3. Add chopped onions to the pan, cook until caramelized. Add small amounts of water to deglaze the pan, as needed.
4. Remove the onions from the pan and set aside.
5. Add the second half of olive oil and add ground turkey to the pan.
6. Cook until the turkey is fully cooked.
7. Add tomato sauce, tomato paste, Worcestershire sauce, cooked onions, and chopped bell pepper
8. Stir and continue to cook until bell peppers soften and the sauce thickens (~10 minutes)
9. Serve in a bun or over 1/2 cup of rice

Enjoy!

Makes 5 Servings | 1 Serving = ~3/4 cup  
Calories: 298 | Protein: 24 g | Carbs: 30 g | Fat: 10 g | Fiber: 4 g