





TURKEY SLOPPY JOES

SERVES: 4 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 42 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1 tsp.

2 tsp. olive oil, *divided use*
1 lb. raw ground 93% lean turkey breast
¾ cup chopped onion (approx. 1 medium)
¾ cup chopped red bell pepper (approx. 1 medium)
2 cloves garlic, chopped
2 cups all-natural tomato sauce, no salt or sugar added
1 Tbsp. Worcestershire sauce, gluten-free
1½ tsp. hot pepper sauce
1 Tbsp. pure maple syrup
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
 Finely chopped fresh parsley (for garnish; optional)

1. Heat 1 tsp. oil in large skillet over medium heat.
2. Add turkey; cook, stirring frequently to break up the turkey, for 8 to 10 minutes, or until the turkey is no longer pink.
3. Heat *remaining 1 tsp.* oil in second large skillet over medium heat.
4. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add onion mixture, tomato sauce, Worcestershire sauce, hot pepper sauce, and maple syrup. Season with salt and pepper.
7. Add turkey to tomato mixture. Mix well. Reduce heat to medium-low; gently boil, stirring occasionally, for 15 to 20 minutes, or until sauce has thickened.
8. Place a slice of bread on each serving plate. Top evenly with turkey mixture (approx. 1 cup).
9. Sprinkle each serving evenly with parsley before serving, if desired.

SERVING SUGGESTION FOR ONE SERVING TURKEY SLOPPY JOES:

- Serve Turkey Sloppy Joes over 1 cup zucchini noodles (zoodles), or any steamed vegetables  2  1  1 tsp.

NUTRITIONAL INFORMATION (per serving): Calories: 350 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 480 mg Carbohydrates: 34 g Fiber: 6 g Sugars: 12 g Protein: 27 g

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