

Turkey Sloppy Joes



Ingredients:

- 1 tablespoon canola oil
- 1 large onion, finely chopped
- 1/2 cup bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 1/2 pounds ground turkey
- 1 teaspoon salt
- 1 teaspoon chili powder
- 2 teaspoons packed light brown sugar
- 1-8 ounce can tomato sauce
- 1/2 cup ketchup
- 1/2 teaspoon hot sauce
- 6 whole-wheat hamburger buns
- Sliced pickles

Instructions:

1. Warm oil in a large skillet over medium heat. Add onion, bell pepper, and garlic.
2. Sauté until softened, about 3 minutes.
3. Turn heat up to medium-high, stir in turkey, salt and chili powder and cook, stirring to break up meat, until turkey loses its pink color, about 5 minutes.
4. Transfer mixture to slow cooker.
5. Stir in brown sugar, tomato sauce, ketchup, 1/4 cup water and hot sauce.
6. Cover and cook on low until bubbling, about 3 to 4 hours.
7. Serve on buns with pickles.

Makes 6 servings.



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