



Sloppy Garden Joes

“On the Go Meals”

Yield: 8 servings

Serving Size: 1/8 of recipe

Ingredients:

- 1 onion, chopped
- 1 carrot, chopped
- 1/2 green pepper, chopped
- 1 pound extra lean ground turkey or chicken
- 1 (8-ounce) can no salt tomato sauce
- 1 (15-ounce) can crushed tomatoes
- 1 (8-ounce) can mushrooms
- 1/4 cup barbecue sauce
- pepper to taste
- 8 whole wheat buns

Directions:

Sauté onions, carrots, green pepper and ground turkey or chicken in a non-stick skillet. Cover and cook over medium-high heat for about 5 minutes, stirring occasionally. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and pepper. Stir until ingredients are mixed together and heated through (about 2 to 3 minutes). Serve on toasted or plain buns.

(Each serving provides 240 calories, 7 grams fat, 1.5 grams saturated fat, 45 mg cholesterol, 450 mg sodium, 32 grams carbohydrates, 6 grams fiber, 6 grams sugar, 16 grams protein)

Source: Arizona Nutrition Network (2009)