

C's Sloppy Joe's

Ingredients:

1 lb. lean ground turkey
1 lb. ground turkey breast
1 1/2 cup Maui onion, chopped in very small pieces
1/2 cup green bell pepper, chopped in very small pieces (optional)
2 cloves garlic, minced

2/3 cup water
1/2 cup catsup
1 1/2 tsp. mustard powder
2 8 oz. cans no-salt added tomato sauce
1 15 oz. can black beans, drained and rinsed
1 14 oz. can no-salt added chopped tomatoes
1 6 oz. can tomato paste
Package of whole wheat burger buns

Directions:

Cook first 5 ingredients in a large pot over medium heat until meat is browned. Stir to break up meat so it crumbles. Drain off any fat and pat with a paper towel. Add water remaining ingredients, stir well and bring to a boil. Reduce heat, cover, and simmer for 30 minutes, stirring occasionally. Serve OPEN-FACED, using half of the bun and 2/3 cup of the Sloppy Joe mixture per serving.

Calories: 2/3 cup mixture (with half bun) 180 Protein: 22 grams, Carbs: 23 grams, Fat: 8 grams