

# Sloppy Garden Joes

**Makes:** 12 servings

## Ingredients

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 pound ground turkey (or chicken)
- 1 can tomato sauce (8 ounces, unsalted)
- 1 can whole tomatoes (low-sodium, 15 ounces, crushed)
- 4 cans mushroom (2 ounces each, drained)
- 1/4 cup barbecue sauce
- 6 small whole wheat buns (split in half to make 12)

## Directions

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

**Total:** \$8.29

**Per Serving:** \$0.69

**Source:** Oregon State University Cooperative Extension Service, Healthy Recipes



## Nutrition Facts

12 servings per container  
**Serving size** 1 Sandwich  
(181g)

**Amount per serving**  
**Calories** 160  
% Daily Value\*

<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 220mg	10%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 1mg	6%
Potassium 237mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**community**  
education



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.