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

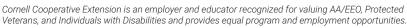
- 1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
- 2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
- 3. Reduce heat and simmer for 10 minutes, stirring occasionally.
- 4. Uncover and cook 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

<u>160</u>

% Da	aily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 220mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 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.