

Turkey Sloppy Joes

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	8
Serving Size	½ cup
Calories	250
Total Fat	7 g
Sat Fat	1.5 g
Sodium	680 mg
Fiber	4 g
Carbohydrate	36 g
Protein	15 g

Ingredients Needed:

- 1 pound ground turkey (lean)
- 1 large onion, chopped
- 1 bell pepper, seeded and diced
- 1 cup catsup
- ¼ cup sweet pickle relish
- 1 ½ tsp chili powder
- 1 Tbsp Worcestershire sauce
- 1 tsp garlic powder
- ¼ tsp celery seeds

Recipe Directions:

1. Heat a large skillet and add the ground turkey, onion, and bell pepper
2. Sauté until turkey is no longer pink, and reaches 165F.
3. Add remaining ingredients, bring to a boil reduce heat and simmer for about 20 minutes
4. Serve over toasted whole-wheat hamburger bun and enjoy!

