

Sloppy Garden Joes

Yield 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 (15 ounces, crushed)
1 can	mushroom (8 ounces, drained)
1/4 cup	barbecue sauce
6	whole wheat buns (split in half to make 12)

Instructions

1. Saute 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.

Cost

Per recipe: \$11.00

Per serving: \$0.91

Source

Oregon State University Cooperative Extension Service, [Healthy Recipes](#)

Nutrition Facts	
Serving Size 1 sandwich (149g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 8g	
Vitamin A 35%	• Vitamin C 30%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	