

TURKEY SLOPPY JOES



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Yield: 4 servings

Ingredients

- 1 pound extra lean ground turkey
- 1 c ketchup
- 1/4 c water
- 2 tbsp brown sugar
- 2 tsp Worcestershire sauce
- 2 tsp prepared mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 4 lite wheat hamburger buns

Directions

1. In a saucepan, cook turkey over medium heat until no longer pink; drain. Stir in the ketchup, water, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder and salt.
2. Bring to a boil. Reduce heat; cover and simmer for 30-40 minutes. Serve on buns.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 bun & 4 oz meat sauce	313	2 g	34 g	46 g	1159 g

Not recommended for patients with HTN

Carbohydrate Exchanges: 3