



Sloppy Janes



1/5th of recipe (1 sandwich): 265 calories, 7g total fat (2.5g sat. fat), 717mg sodium, 30.5g carbs, 7g fiber, 11g sugars, 23g protein

Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

1 lb. raw lean ground turkey
1 tsp. dry steak seasoning blend
1/8 tsp. salt
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1 tbsp. Worcestershire sauce
1 tbsp. red wine vinegar
1 cup canned tomato sauce
3/4 cup canned no-salt-added tomato sauce
2 tbsp. tomato paste
1 tbsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
5 light hamburger buns

Directions

Spray a large skillet with nonstick spray and bring to medium-high heat. Add turkey and sprinkle with steak seasoning and salt. Cook and crumble for about 8 minutes, until mostly cooked.

Reduce heat to medium. Add onion, bell pepper, Worcestershire sauce, and vinegar. Mix well and cook and crumble for 5 minutes, or until meat is fully cooked.

Reduce heat to low. Add tomato sauces, tomato paste, and sugar or Splenda. Cook and stir until hot, about 5 minutes.

Toast buns, if desired. Evenly distribute the mixture among the bottom buns and then finish off with the tops of the buns. Enjoy!

MAKES 5 SERVINGS

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