**Deanna’s Healthy Sloppy Joes**

Serves 2: SmartPoints per serving, including bread: **④ ④ ④**

Prep Time: 5 minutes, Total time, 15 minutes

1 clove garlic

½ carrot

½ small onion

¼ bell pepper, any color

4 ounces mushrooms

3 ounces 93% lean ground beef

3 ounces ground chicken or turkey breast

1 teaspoon steak seasoning or dry rub of your choice

2 teaspoons liquid aminos or soy sauce

1 cup tomato puree

2 tablespoons sugar-free maple flavored syrup

½ teaspoon liquid smoke, optional

2 light hamburger buns or 4 slices light bread, toasted

In a food processor, pulse garlic, carrot, onion, bell pepper and mushrooms until very finely minced. (Or finely mince the vegetables by hand.)  
  
Heat a large non-stick skillet over medium-high heat. Add the meat to the pan and break it up as it cooks. Season with steak seasoning or rub and cook the meat until it browns, then add vegetable mixture to the skillet. Reduce heat to medium and cook, stirring frequently, for 5 minutes. Add aminos or soy sauce, tomato puree, syrup and liquid smoke (if using) to pan, stir to combine. Reduce heat to simmer and cook an additional 5 minutes. Meanwhile, toast bread of your choice. Divide meat mixture evenly over toasted bread. There is enough to serve the sandwiches open face.

[*From the Kitchen of Deanna Cichon*](http://www.deannathechef.com/)