

Udi's Gluten Free

Lean Turkey Sloppy Joes

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COURSE

Main Course



CUISINE

American, Holiday, July 4th, Kid Friendly,
Party Food



PREP TIME

10 Minutes



COOK TIME

25 Minutes



SERVINGS

6

US Imperial



Nutrition Facts

Lean Turkey Sloppy Joes

Amount Per Serving

Calories 462 Calories from Fat 144

% Daily Value*

Total Fat 16g **25%**Saturated Fat 4g **20%**

Polyunsaturated Fat 6g

Monounsaturated Fat 1g

Cholesterol 14mg **5%****Sodium** 959mg **40%****Potassium** 282mg **8%****Total Carbohydrates** 90g **30%**Dietary Fiber 5g **20%**

Sugars 52g

Protein 15g **30%**

Vitamin A 5%

Vitamin C 17%

Calcium 4%

Iron 7%

* Percent Daily Values are based on a 2000
calorie diet.

Ingredients

- Teaspoonolive oil
- 1 Small onion diced
- 2 Cloves garlic chopped
- 1 Red Pepper diced

- 1 Pound Ground Turkey extra lean
- Salt and Pepper to taste
- Red Pepper Flakes if desired
- 1 Cup Tomato Sauce
- 1/2 Cup BBQ Sauce
- 1 Teaspoon
Gluten-Free Worcestershire Sauce
- 1 Teaspoon Chili Powder
- 3 Tablespoons tomato paste
- 1 Teaspoon Hot Sauce or Tobasco
- 1 Tablespoon Brown Sugar if desired
- 6 Udi's Gluten-Free Hamburger Buns

Instructions

- 1 Heat olive oil in large skillet over medium heat.
- 2 Once oil is shimmering, add red bell pepper, onion, and garlic, and cook until the onion is tender and garlic is fragrant, about 4 minutes.
- 3 Transfer the vegetables to a bowl and set aside. Keep heat on and use the same skillet to cook turkey.
- 4 Add ground turkey to the skillet. Break up the meat and spread it around the pan. Season generously with salt and pepper and cook 8-10 minutes or until the turkey is cooked and no longer pink.

- 5** Stir in tomato sauce, a pinch of red pepper flakes, BBQ sauce, Worcestershire, chili powder, tomato paste, and hot sauce to the skillet with the meat.
- 6** Add in the vegetables and stir to combine. Reduce heat to medium low and simmer 15-20 minutes.
- 7** Taste and adjust seasonings as necessary.
- 8** If you find the sauce too tangy, add a bit of brown sugar or ketchup.
- 9** Serve on Udi's Gluten-Free Hamburger Buns.