



# Turkey Sloppy Joes

Recipe Courtesy Chef Bryan Woolley

- 1 pound ground turkey
- 1 large onion, chopped
- 1 bell pepper, minced
- 1 cup catsup
- ¼ cup sweet pickle relish
- 1 ½ tsp chili powder
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- ¼ tsp celery seeds
- Salt and pepper to taste

1. Heat a large non stick skillet and add the ground turkey, onion, and bell pepper. Sauté until turkey is no longer pink
2. Add remaining ingredients, bring to a boil reduce heat and simmer for about 20 minutes.
3. Serve over toasted whole wheat hamburger bun. Toast the hamburger bun under a broiler for about 2 minutes or until it is golden brown.
4. Enjoy!

Serves 8

## **Nutrition Facts**

Serving Size: ½ cup Sloppy Joe mix and one bun

Calories	250
Total Fat	7g
Saturated Fat	1.5g
Cholesterol	45mg
Sodium	680mg
Carbohydrate	36g
Dietary Fiber	4g
Protein	15g

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## **Diabetic Exchanges**

Protein	2
Fat	1
Carbohydrate	2