

## Sloppy Joe's

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Recipe By:

Serving Size: 4

### Ingredients:

1 tablespoon extra-virgin olive oil  
1 1/4 pounds ground turkey breast  
1/4 cup brown sugar  
2 teaspoons steak seasonings, (like Montreal steak seasonings)  
1 cup onion, chopped  
1/2 cup red bell pepper, chopped  
1 Tablespoons red wine vinegar  
2 tablespoon worcestershire sauce  
1 tablespoon A-1 sauce  
2 cups tomato sauce  
2 Tablespoons tomato paste  
4 large wheat rolls

### Directions:

1. heat oil in large skillet on high heat
2. spread the meat around the pan and begin to break it up
3. add brown sugar and steak seasoning to the skillet and combine
4. Once the meat is completely browned and onions and red peppers to the pan
5. reduce the heat to medium and add worcestershire sauce, A-1 and red wine vinegar, heat for 5 minutes
6. Add tomato sauce and tomato paste - reduce heat to simmer and heat for 5 more minutes
7. scoop meat onto toasted rolls.

4 Servings

Calories: 414

Total Fat: 6.98 g

Carbs: 57.31 g

Fiber: 7.21 g

Sugar: 32 g

Protein: 30 g