

## Sloppy Joes

### INGREDIENTS:

1	8 oz can no-salt-added tomato sauce
½ C	ketchup
1 ½ T	Worcestershire sauce
1 t	prepared yellow mustard
½ t	dry mustard
1 t	molasses
1	clove garlic, finely minced
¼ t	fresh grated orange peel
	Pinch ground cloves
	Hot pepper sauce, to taste
1 lb	lean ground turkey
½	small onion, finely chopped
6	whole wheat hamburger buns, toasted if desired

### DIRECTIONS:

In a saucepan over low heat, combine sauce ingredients. Mix well and simmer while preparing turkey meat. Next, heat a heavy, nonstick skillet, at least 10 inches in diameter, over medium high heat. Add ground turkey and sauté, stirring occasionally, 4-5 minutes or until turkey meat is no longer pink. Pour contents of pan into a colander lined with paper towels and drain liquid out. Add onion to pan and sauté, stirring frequently, about 5 minutes or until translucent. Return turkey meat to pan and add sauce. Heat 3 minutes, stirring occasionally. Add additional hot pepper sauce, if desired. Spoon ½ C turkey mixture over bun. Serve immediately.

Makes 6 servings.  
Calories: 297/serving

### NUTRITIONAL INFORMATION PER SERVING:

20g protein  
32g carbohydrates  
10g fat  
582mg sodium  
56mg cholesterol  
3g fiber