

Turkey Sloppy Joes

Grab lots of napkins to eat this healthier version of Sloppy Joes. Use whole wheat or whole grain buns for a healthier sandwich as opposed to white buns.

Recipe Type: Main Dish, Sandwich, Turkey

Degree of Difficulty: Easy

Ingredients

2 lbs Ground Turkey Breast, 99% fat free
1 can (11 oz) Black Beans or Kidney beans
1 tsp Garlic
1 each Onion, diced
1 tsp Paprika
1 tsp Chili Powder
1 tsp Cumin
1 tsp Liquid Smoke
1 can (11 oz) Canned Tomatoes, diced
1 can (6 oz) Green Chili Peppers, chopped
2 can (11 oz) Tomato Juice
1 can (6 oz) Tomato Paste
10 each whole wheat hamburger bun



Directions

- 1 Brown ground turkey with onions and drain
- 2 Combine all ingredients and heat uncovered for 30 minutes
- 3 Reduce heat, cover and let simmer to desired thickness and heat
- 4 Serve on whole wheat or whole grain buns

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Total Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 280 calories, 3.2g total fat, 1.1g saturated fat, 56mg cholesterol, 437.7mg sodium, 35.2g carbohydrates, 6.9g fiber, 6.4g sugar, 31.4g protein.

Servings: 10

Yield: 10 sandwiches

Weight Watchers Points

Note: The ground turkey, beans and veggies are not used to calculate the WW FreeStyle SmartPoints. All other points do not include the veggies. The tomato juice is included in the calculations.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 5

Tips

To reduce the calories and carbohydrates in this turkey recipe, eliminate the black beans. Just remember though that the beans are a great source of fiber, so this will also reduce the fiber nutrition information as well.