

Turkey Joes

School is back in session for most kids and there is one meal I know that kids love. Sloppy Joe sandwiches are a satisfying delightful meal. Here is my version that I know will offer a healthier version by using ground turkey. Try them out, you'll be sure to like them. Kim had two!

1 oz Olive Oil
1 Yellow Onion diced
1 ½# Ground Turkey
Salt N Pepper to taste.

In a large skillet over medium heat add in the olive oil to brown off the onion and turkey. Once browned off, drain the liquids.

14 oz Tomato Sauce
1 Tbls Brown Sugar
1 Tsp Yellow Mustard
½ Tsp Garlic Powder

Stir in these ingredients and let simmer for 20 minutes. Serve on toasted wheat buns with melted cheese. Serve with your favorite side dish.

Great Eats!

Mike Popella

