



Eat Well

Turkey Joes

Directions

Saute onions, carrot, green pepper and ground turkey over medium-high heat for 5 minutes. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce, bring to boil. Reduce heat and simmer for 10 minutes, stirring occasionally. Uncover and cook for an additional 3 minutes or until thick. Serve on toasted buns.

Ingredients

- » 1 onion, chopped
- » 1 carrot, chopped
- » 1/2 green pepper, chopped
- » 1 lbs ground turkey
- » 1 (8 oz) can tomato sauce
- » 1 (15 oz) can whole tomatoes, crushed
- » 1 (8 oz) can mushrooms
- » 1/4 cup barbecue sauce
- » 8 whole wheat buns

Nutrition information per serving:
Calories 429, Total Fat 11.3 grams,
Total Carbohydrate 63 grams

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