

Turkey Veggie Sloppy Joes

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- 1Tbsp olive oil
- 1 lb ground turkey
- 1-2 cloves garlic - chopped or crushed
- 1 medium chopped red onion
- 1 red pepper - or green, whatever you have
- 1 (14.5 oz) can diced tomatoes
- 2 T. vinegar - I used white balsamic, because that was in my cupboard. My nanny probably used apple cider vinegar.
- 1 1/2 tsp mustard
- 2 T. Worcestershire sauce

Heat the olive oil in a large skillet and add the garlic; saute for about 30 seconds.

Add the turkey, onion and pepper and cook until the turkey is browned. Break up the turkey into tiny pieces as it cooks.

Add the rest of the ingredients and bring to a boil. Reduce heat and simmer for about 20 minutes or until most of liquid had evaporated. There might still be some though. Stir frequently and make sure to scrap the brown bits that might be stuck to pan. I use a slotted spoon to put the sloppy joes onto the rolls.