

## Sloppy Garden Joes

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- 1 **onion**, chopped
- 1 **carrot**, chopped or shredded
- 1 **green pepper**, chopped
- 1 pound **ground turkey** or **chicken**
- 1 - 8 ounce can **tomato sauce**
- 1 - 15 ounce can whole **tomatoes**, crushed
- 1 - 8 ounce can **mushrooms** or 1/2 pound fresh chopped
- 1/4 cup **barbecue sauce**
- 6 **whole-wheat buns**, split in half to make 12

### Directions:

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>			
Serving Size 1 sandwich (162g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 150	<b>Calories from Fat</b> 45		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 330mg			<b>14%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 3g			
<b>Protein</b> 10g			
Vitamin A 25%	•	Vitamin C 25%	
Calcium 6%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

12 servings, 1 sandwich each

### Bright Ideas:

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>