



Turkey Joes

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 bun with ½ cup filling

Ingredients

- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 medium onion, diced (about 1 cup)
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 medium bell pepper, diced (about 1 cup)
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 1 (15-ounce) can no-salt-added tomato sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 8 whole-wheat burger buns or sandwich thins

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the turkey and onion. Cook until the turkey is no longer pink and the onion is softened, about 6-8 minutes, breaking the turkey into crumbles as it cooks.
3. Add the garlic and bell pepper. Cook for 5 minutes, stirring occasionally.
4. Add the beans, tomato sauce, red wine vinegar, Worcestershire sauce, and dry mustard. Stir to combine.
5. Bring to a simmer over medium-high heat, then reduce the heat to maintain a simmer.
6. Cook uncovered for 10 minutes.
7. Place ½ cup of the turkey joe mixture onto the bottom half each bun, then add the top bun.
8. Serve warm.

Recipe Notes

- If desired, you may substitute ¼ cup barbecue sauce for the red wine vinegar, Worcestershire, and dry mustard.
- If you don't have dry mustard, you can substitute 1 tablespoon prepared mustard.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 225 mg | Total Carbohydrate: 35 g | Dietary Fiber: 7 g | Protein: 18 g**

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