

# Sloppy Sammies

**Makes:** 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Onion, chopped		1/2 cup		2 cups
Carrot, grated		1 cup		4 cups
Green bell pepper, chopped		1/2 cup		2 cups
Ground turkey	2 lbs		8 lbs	
Tomato sauce		1 cup		4 cups
Tomatoes, chopped		1-1/2 cup		6 cups
OR		OR		OR
Canned crushed tomatoes		1-1/2 cup		6 cups
Barbecue sauce		1/2 cup		2 cups
Whole wheat buns, hamburger or hot dog		6		24

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	245	
Total Fat	8 g	
Protein	18 g	
Carbohydrates	27 g	
Dietary Fiber	4 g	
Saturated Fat	2 g	
Sodium	461 mg	

## Directions

1. Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey (chicken) in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, chopped or crushed tomatoes, and barbecue sauce. 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 - 3 hours.

## Notes

### Serving Tips:

You can also make these plain, without the vegetables mixed in.