

# Turkey Sloppy Joes

## Ingredients

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- 1 T Olive Oil
- 1 Onion (chopped)
- 1 Red Bell Pepper (diced)
- 3 clv Garlic
- 1 lb Ground Turkey
- 1 t Kosher Salt
- 0 ds Ground Black Pepper
- 1/2 c Barbecue Sauce
- 1 1/2 t Worcestershire Sauce
- 1 1/2 t Red Wine Vinegar
- 1 t Yellow Mustard
- 1/2 c Water
- 1/8 t Cayenne
- 1/2 c Ketchup
- 2 Green Onions (chopped)

## Instructions

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1. In a large skillet, add olive oil and place over medium heat. Add in the garlic, onion and bell pepper; saute for 5 minutes or until onion is translucent. Move the mixture to the sides of the pan.
2. Add ground turkey to the skillet and season with salt and pepper; break up the meat and cooking until no longer pink, 5 to 7 minutes.
3. Once turkey is cooked, mix altogether with the vegetable mixture. Add in ketchup, barbecue sauce, Worcestershire sauce, red wine vinegar, cayenne pepper, mustard and water.
4. Stir well to combine and bring to a simmer, then reduce heat to low and cook for 10 minutes longer until sauce thickens. If sauce looks too thick, add in a tablespoon of water. Stir in green onions

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at the end.

5. Serve warm with hamburger buns, sliced cheese and jalapenos.