

## Sloppy Garden Joes

*Look for buns with "whole" as the first word on the ingredient list to ensure you're buying whole-wheat buns. Check the calories too, as some whole wheat buns are extra large!*

1 medium onion, chopped  
1 carrot, chopped  
1/2 medium bell pepper, chopped  
1 pound ground turkey breast  
1 (8-ounce) can tomato sauce  
1 (15-ounce can whole tomatoes, crushed  
1 cup mushrooms, chopped  
1/4 cup barbecue sauce  
Salt to taste, optional  
Pepper to taste  
8 whole-wheat buns

Sauté onion, carrot, green pepper and ground meat in a pan over medium-high heat for 5 minutes. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally. Uncover and cook for an additional 3 minutes or until thick. Serve on plain or toasted buns.

Serves 8

Calories 286; Fat 10g; Protein 21g; Carbohydrate 31g; Fiber 6g.