Healthy Recipes

Sloppy Garden Joes

**Nutrition Message:** This recipe is an excellent source of vitamin A and C, fiber and calcium and a good source of iron, which keeps eyes and skin healthy, gums and blood vessels healthy, may help protect you against some diseases, keep bones and teeth strong and carries oxygen in our blood.

**Ingredients:**
1. large, chopped onion (about 1 cup)
2. medium carrot, peeled and chopped (about 3/4 cup)
3. large, chopped green pepper (about 1 cup)
4. pound ground turkey (7% fat)
5. cup pumpkin, no salt added
6. can (14.5 ounces) diced tomatoes, low sodium
7. can (8 ounce) tomato sauce, low sodium
8. Tablespoons Hickory Smoke Barbeque Sauce
9. chopped mushrooms or 1 can (8 ounce) mushrooms
10. Tablespoon chopped garlic
11. teaspoons cinnamon
12. teaspoon black pepper
13. ounces (3/4 pound) grated mozzarella cheese (low moisture, part-skim)
14. whole wheat hamburger buns

**Directions:**
1. Sauté onion, carrot, and green pepper in a non-stick skillet until onions turn translucent (somewhat clear). Add water by the tablespoon, as needed, to prevent sticking.
2. Brown turkey in separate non-stick skillet. Add to veggies.
3. Add pumpkin, diced tomatoes, tomato sauce, barbeque sauce, mushrooms and spices. Heat until bubbly. Stir frequently.
4. Assemble: On bottom of bun, scoop about ½ cup of sauce, top with 2 Tablespoons cheese and top of bun. Serve hot.

**Tips:**
- Grated carrots can be used instead of chopped carrots.
- Toast buns before assembly.
- Divide cheese into 12 equal piles of cheese before assembly.
- Extra filling can be frozen for future use in a freezer bag or container.

![Nutrition Facts]

Yield: 12 servings

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