

Jen's Sloppy Janes

Courtesy of Jennifer King

Ingredients:

1 lb. raw extra-lean ground turkey
5 small hamburger buns (light, if available)
1/2 cup chopped onions
1/2 cup chopped red bell peppers
1 cup canned tomato sauce
3/4 cup canned no-salt-added tomato sauce
2 tbsp. tomato paste
1 1/2 tbsp. Splenda No Calorie Sweetener (granulated)
1 tbsp. red wine vinegar
1 tbsp. Worcestershire sauce
1 tsp. dry steak seasoning blend
dash salt

Directions:

Spray a large pan with nonstick spray, and bring to medium-high heat. Add turkey to the pan. Spread the meat around in the pan to break it up a bit.

In a small dish, combine Splenda, salt and steak seasoning. Sprinkle this mixture over the meat, and continue to stir meat in the pan. Once the meat has browned, reduce heat to medium.

Add onions, peppers, Worcestershire sauce and vinegar to the pan. Stir, and then continue to cook for 5 minutes.

Add tomato sauces and paste to the pan and stir well. Reduce heat to low, and cook the mixture for an additional 5 minutes.

Toast the buns, if desired. Put 1/5th of the mixture on each bottom bun, and then finish off with tops of the buns.

MAKES 5 SERVINGS

Serving Size: 1 sandwich

Calories: 271

Fat: 3g

Sodium: 835mg

Carbs: 32g

Fiber: 3g

Sugars: 8g

Protein: 31g