



Sloppy Bombay Joes

READY IN



95 min.

SERVINGS



3

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce canned
- 1 teaspoon cumin seeds
- 1 small handful cilantro leaves fresh soft chopped (stems included)
- 1 teaspoon garam masala
- 2 garlic clove minced
- 1 tablespoon ginger minced
- 1 lb pd of ground turkey
- 0.3 cup half and half
- 4 hawaiian rolls

- 0.5 teaspoon honey
- 1 teaspoon kosher salt to taste ()
- 0.5 teaspoon paprika
- 0.3 cup pistachios shelled
- 0.3 cup raisins
- 1 bell pepper diced red finely
- 0.5 serrano chiles (don't chop it up unless you like things spicy!)
- 0.5 serrano chiles finely minced seeded for the turkey (save the other half)
- 2 tablespoons vegetable oil
- 3 tablespoons vegetable oil
- 1 cup water
- 0.5 large onion diced white finely

Equipment

- frying pan
- sauce pan

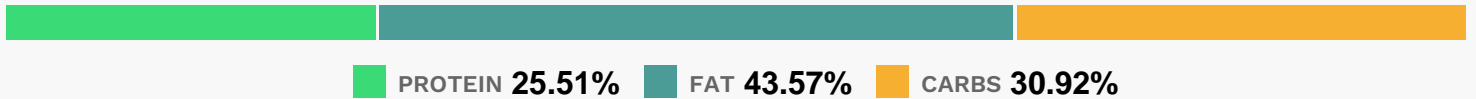
Directions

- Begin by making the sauce: Warm the oil in a medium saucepan over medium heat, until it shimmers.
- Add the ginger, garlic and serrano pepper.
- Saute until the ginger and garlic brown a little.
- Add the garam masala and paprika and saute for 30 seconds. Stir in the tomato sauce and water. Bring to a boil, then reduce the heat and simmer, uncovered, until thickened, about 15 minutes. Meanwhile for the turkey, in large skillet, warm 2 tablespoons of oil. When shimmering, add the pistachios and raisins. Cook until the raisins swell up and the pistachios toast slightly.
- Remove from the pan and set aside. Return the pan to medium heat, add 1 to 2 more tablespoons of oil, and warm until shimmering.
- Add the cumin seeds and allow them to sizzle for about 10 seconds, or until some of the sizzling subsides. Stir in the onions and bell pepper; saute until softened and starting to

brown.

- Add the serrano pepper.
- Saute for another couple of minutes, seasoning with a little salt. Stir in the turkey, breaking up the big lumps. Cook until opaque, about 5 minutes. Meanwhile, your sauce should be ready.
- Pour the sauce into the skillet with the turkey. Stir and bring to a boil, then lower the heat and simmer until the mixture has thickened slightly, about 10 minutes. Once the turkey is cooked and the sauce has thickened a little, remove the serrano pepper (unless you want to eat it whole, like my Dad does!).
- Add the honey, half-and-half, pistachios and raisins. Stir through and taste for seasoning. Before serving, garnish with fresh cilantro. Toast the buns, fill with the turkey mixture and serve. Eat (with your hands!) and enjoy!

Nutrition Facts



Properties

Glycemic Index:130.69, Glycemic Load:26.79, Inflammation Score:-9, Nutrition Score:39.528695541879%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 719.24kcal (35.96%), Fat: 35.78g (55.05%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 57.13g (19.04%), Net Carbohydrates: 50.33g (18.3%), Sugar: 14.72g (16.35%), Cholesterol: 90.22mg (30.07%), Sodium: 1833.01mg (79.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.15g (94.3%), Vitamin B3: 19.33mg (96.65%), Vitamin B6: 1.87mg (93.71%), Vitamin C: 66.76mg (80.92%), Selenium: 51.85µg (74.07%), Phosphorus: 545.12mg (54.51%), Vitamin K: 55.42µg (52.78%), Vitamin A: 2290.07IU (45.8%), Vitamin B1: 0.59mg (39.51%), Manganese: 0.79mg (39.43%), Potassium: 1339.57mg (38.27%), Vitamin E: 5.25mg (34.99%), Iron: 6.06mg (33.65%), Vitamin B2: 0.55mg (32.51%), Folate: 109.79µg (27.45%), Magnesium: 109.76mg (27.44%), Fiber: 6.81g (27.23%), Copper: 0.54mg (26.99%), Zinc: 3.96mg (26.41%), Vitamin B5: 2.08mg (20.79%), Calcium: 166.18mg (16.62%), Vitamin B12:

0.92µg (15.4%), Vitamin D: 0.6µg (4.03%)