



## Sloppy Joes

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce tomato sauce canned
- 2 teaspoons chili powder
- 2 tablespoons apple cider vinegar
- 1 tablespoon t brown sugar dark packed
- 4 medium garlic clove finely chopped
- 2 teaspoons ground cumin
- 6 hawaiian rolls split toasted
- 2 teaspoons kosher salt as needed plus more

- 2 pounds pd of ground turkey lean
- 2 tablespoons olive oil
- 2 bell pepper red seeded cut into small dice
- 0.3 cup tomato paste
- 0.5 cup water
- 2 tablespoons worcestershire sauce
- 2 medium onion yellow

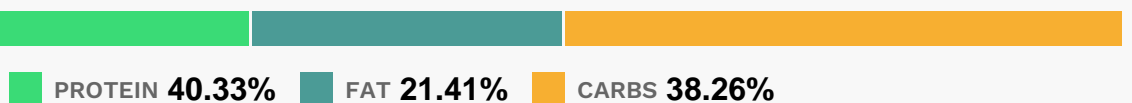
## Equipment

- wooden spoon
- dutch oven

## Directions

- Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
- Add the peppers, onion, and garlic, season with salt, and cook, stirring occasionally, until the vegetables have softened, about 6 minutes.
- Add the tomato paste, stir to combine, and cook until the raw flavor has cooked out, about 1 minute. Increase the heat to medium high, add the ground beef or turkey, and cook, breaking the meat into smaller pieces with a wooden spoon, until it's just cooked through and no longer pink, about 4 minutes.
- Add the chili powder, cumin, and measured salt, stir to coat the meat and vegetables, and cook until fragrant, about 1 minute.
- Add the tomato sauce, water, vinegar, Worcestershire, and brown sugar, stir to combine, and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until the flavors meld and the mixture thickens, about 30 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:13.01, Inflammation Score:-9, Nutrition Score:24.966956449592%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

## Nutrients (% of daily need)

Calories: 312.47kcal (15.62%), Fat: 7.62g (11.72%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 26.87g (9.77%), Sugar: 11.25g (12.5%), Cholesterol: 62.37mg (20.79%), Sodium: 1401.77mg (60.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.55%), Vitamin B3: 14.04mg (70.19%), Vitamin B6: 1.26mg (62.92%), Vitamin C: 50.34mg (61.01%), Selenium: 35.42µg (50.59%), Phosphorus: 348.48mg (34.85%), Vitamin A: 1673.28IU (33.47%), Potassium: 918.1mg (26.23%), Iron: 4.07mg (22.63%), Manganese: 0.45mg (22.34%), Vitamin E: 3.14mg (20.93%), Vitamin B1: 0.31mg (20.88%), Vitamin B2: 0.34mg (19.89%), Zinc: 2.7mg (17.99%), Magnesium: 68.93mg (17.23%), Folate: 68.8µg (17.2%), Fiber: 3.75g (15.02%), Vitamin B5: 1.46mg (14.6%), Copper: 0.29mg (14.34%), Vitamin B12: 0.64µg (10.71%), Vitamin K: 9.56µg (9.1%), Calcium: 91mg (9.1%), Vitamin D: 0.45µg (3.02%)