

food  
network



HEALTH SCORE

64%

## Sloppy Turkey Joes



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 crusty sandwich rolls split
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 12 grown helper can chop canned
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- ☐ 0.5 bell pepper red
- ☐ 0.5 onion red
- ☐ 1 tablespoon grill seasoning blend for poultry recommended: McCormick Montreal Grill Seasoning or Mrs. Dash seasoning

- ☐ 8 ounce tomato sauce
- ☐ 1 tablespoon worcestershire sauce

## Equipment

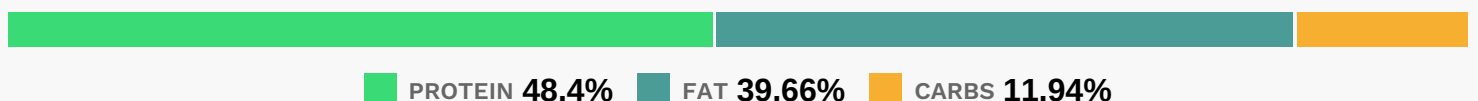
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ grill
- ☐ stove
- ☐ spatula
- ☐ ice cream scoop
- ☐ kitchen scissors

## Directions

- ☐ Have a GH (grown helper) place a big skillet over medium high heat for you. Use some kitchen scissors to cut the turkey package open.
- ☐ Add some extra-virgin olive oil, 2 turns of the pan in a nice, slow stream. Have the GH add the ground turkey to the pan, in case it spatters. Break the turkey up with a big wooden spoon as it starts to cook. If anyone touches the raw turkey, they should go wash their hands.
- ☐ If you are a really good chopper, using a small, sharp knife chop up some red onion. Remember when you are chopping to keep the fingers that are not holding the knife all tucked in and curled under. Have a GH help you. You need half a red onion chopped up small. Pull the seeds and white membrane and the top out of a half red bell pepper and chop that up small too.
- ☐ Add the veggies to the cooking meat and stir it all together.

- ☐ Next, mix in a small bowl: grill seasoning blend, brown sugar, Worcestershire sauce and the tomato sauce. This will make your special sauce. When all the ingredients are combined, pour the sauce evenly over the meat and stir everything together really well. Turn the heat down to simmer and cook the sloppy mixture for 10 minutes. Blow on a spoonful until cool and taste it to see if you need to adjust the seasoning.
- ☐ Have the GH help you serve.
- ☐ Place a bun bottom on a plate. Use a big ice cream scoop to get a pile of sloppy meat onto the bun. Put bun top in place and serve with vegetable sticks on the side and Cheese Fries.
- ☐ sack frozen French fries, any brand or shape – crinkle cut, thin cut, steak cut, waffle fries – prepared to package directions
- ☐ tablespoons butter
- ☐ tablespoons all-purpose flour
- ☐ 1/2 cups whole milk
- ☐ 1/2 cups, (10-ounce) sack shredded yellow Cheddar
- ☐ squirts ketchup, about 1/4 cup
- ☐ Have your GH (Grown Helper) put fries in oven on a cookie sheet. While fries are baking in the oven, have a GH place a sauce pot on the stove and heat it over medium heat.
- ☐ Add butter and melt it.
- ☐ Add the flour and stir. Cook butter and flour together for 1 minute or so. This is called "roux" (like Tiger and Roo with Pooh Bear) and it helps to thicken up sauces. Use a whisk to stir as the milk goes into the pot. Keep stirring until the milk gets thicker. Use a wooden spoon or heat-safe spatula to stir in the cheese. When all of the cheese melts, take the sauce off the heat and stir in 3 squirts of ketchup. This is your SECRET ingredient. When everyone asks what you put in your cheese sauce that makes it taste so good, just say milk and cheese, you can NEVER tell what secret ingredients you add! Tell your GH to keep the secret, too or they can never help you again!
- ☐ Pour the sauce over the fries or serve the sauce on the side if you like to dipping better.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:55.133043620897%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 1533.93kcal (76.7%), Fat: 65.64g (100.98%), Saturated Fat: 21.1g (131.9%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 40.2g (14.62%), Sugar: 10.63g (11.81%), Cholesterol: 538.68mg (179.56%), Sodium: 1023.89mg (44.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 180.22g (360.45%), Selenium: 289.09µg (412.99%), Vitamin B1: 5.67mg (378.17%), Vitamin B3: 67.57mg (337.86%), Vitamin B6: 6.01mg (300.67%), Phosphorus: 1905.46mg (190.55%), Vitamin B2: 1.76mg (103.36%), Potassium: 3368.97mg (96.26%), Zinc: 13.29mg (88.62%), Vitamin B12: 4.26µg (71.02%), Vitamin B5: 6.36mg (63.6%), Magnesium: 247.17mg (61.79%), Iron: 8.19mg (45.52%), Copper: 0.65mg (32.55%), Manganese: 0.6mg (30.09%), Vitamin C: 24.66mg (29.9%), Vitamin K: 29.95µg (28.53%), Vitamin E: 4.03mg (26.84%), Vitamin D: 3.22µg (21.44%), Folate: 77.87µg (19.47%), Calcium: 191.21mg (19.12%), Fiber: 4.28g (17.11%), Vitamin A: 809.92IU (16.2%)