

Turkey Sloppy Joes—4 servings

Did you know? You can substitute ground turkey for ground beef to create a healthier alternative.

1 tablespoon olive oil
4 carrots, grated or chopped in food processor (2 cups)
1 medium onion, minced
1 garlic clove, minced
Coarse salt and ground pepper
3 tablespoons tomato paste
 $\frac{3}{4}$ pound ground turkey
1 can (28 oz) crushed tomatoes
2 tablespoons brown sugar
1 tablespoon cider vinegar
1 teaspoon Worcestershire sauce
4 whole-wheat hamburger rolls, split

In a large saucepan, heat oil over medium; add carrots, onion, and garlic. Season with salt and pepper. Cook, stirring occasionally, until softened, 4 or 5 minutes. Add tomato paste, and cook, stirring 1 minute. Add turkey; cook, breaking up meat with a spoon, until no longer pink, 4 to 5 minutes. Add tomatoes, sugar, vinegar, and Worcestershire sauce. Cook stirring occasionally, until slightly thickened, 15 to 20 minutes. Serve on whole-wheat rolls.

Source: Everyday Food Magazine; September 2007