

Sloppy Joe's

Put that can back on the shelf, you aren't going to need it anymore.

- Servings – 4 to 6 sandwiches
- Prep time – 10 minutes
- Cook time – 6 hours

Ingredients

- 1 lb ground turkey
- 1 finely minced onion
- 1 teaspoon minced garlic
- 1 15 oz can of tomato sauce
- 1/4 cup water
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chili powder
- 1 teaspoon red pepper flakes
- 2 teaspoon yellow mustard
- Hot dog buns

Protocol

1. Brown the ground turkey and onions in a large pan over medium heat.
2. In a slow cooker, combine all the rest of the ingredients (except for the buns of course) and add in the browned turkey and onions. Cook on low for 6 hours.
3. Right before the 6 hours is up, spread some butter on the hot dog buns and broil in the oven for a few minutes.
4. Pour a bit of the sloppy Joe's over the buns and enjoy!