



# Sloppy Joe

Ground Turkey and Onions in a Thick & Savory Tomato Sauce

When I was growing up, a Sloppy Joe was pretty much some ground beef mixed with a can of 'Manwich' sauce. My lightened up recipe uses ground turkey breast that's heavily seasoned, with a seasoned tomato sauce that's tightened with a little cornstarch, instead of extra tomato paste. Tomato paste is commonly used for richness and depth of flavor. Well, we get that from beef broth, tomato sauce and the use of a heavily seasoned meat mix. Why add points when we don't need to.

## Servings Info.:

Yields: 4 cups of meat.  
 Servings: 4 Sandwiches  
 Serving Size: 1 cup scoop



- last checked 03/29/24 -  
 Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

## Ingredients:

### 'Savory Ground Turkey':

- 1lb batch of my 'Savory' ground turkey, recipe on pg. 26, with the following additions to the raw mix:
  - Add 1/3 cup fat free beef broth to the raw mix (it'll be a wet, sticky mix... that's ok. Use the "sticky meat mix" hack)
  - 1 juuuuumbo onion, or 2 large onions, diced
  - 1 medium garlic clove, minced (fresh garlic is best)

### Sauce Ingredients:

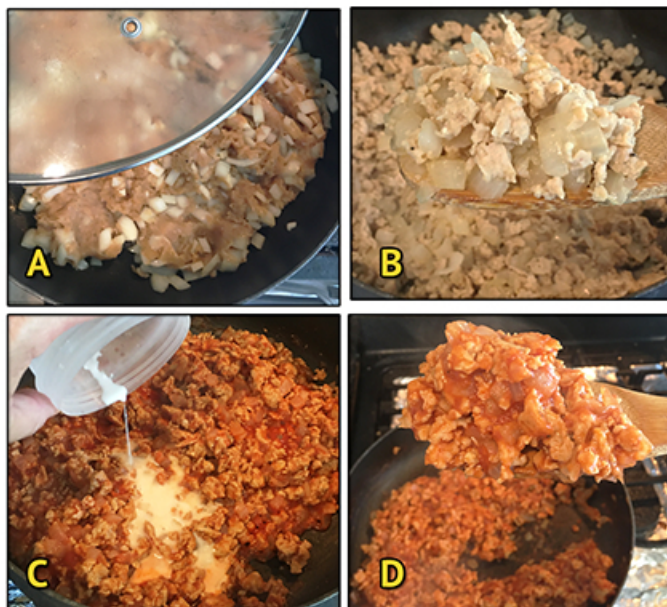
- 15oz canned tomato sauce
- 1/2 cup fat free beef broth
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water
- 1/2 tsp salt
- 1/4 tsp coarse black pepper

### Additional Ingredients:

- (optional) Thin sliced red onion. I like mine veeery thin for this sandwich. It's purpose is to act as a barrier between the moist meat and the bottom bun. Nobody likes soggy buns. Well... at least that's what Sir Mix-a-lot says.

## Directions:

- 1 Mix all of the ingredients together for a batch of my savory ground turkey, with the added beef broth. Then, add in the diced onion and minced garlic, mix till well combined. Set aside for 20-30 minutes.



- 2 (A) Preheat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then add the meat mixture. Cook, covered, for 10 minutes over medium heat. (B) Every minute or so, remove the lid and break up the meat into smaller and smaller pieces. When the onions are softened, remove the lid and (C) pour in the 'Sauce' ingredients. Stir to combine. (D) Simmer uncovered, until most of the liquid has evaporated and the mixture has thickened. It should be around 5 minutes. Season with salt and pepper, to taste. Cover, and set aside. Let rest/tighten up for 5 minutes.



## NOTES & SUGGESTIONS:

- **NO TOMATO PASTE???:** Every single recipe out there, for a 'sloppy joe', calls for tomato paste. It adds extra depth of flavor and thickens those 'other' sauces. Why aren't I using it? My 'Savory' ground meat mixture has so many spices and seasonings in it... that it has all the flavor we'll need. Simmering the meat mixture with the onions, garlic, beef broth and tomato sauce gives a TON of flavor. Plus, we don't need tomato paste to tighten the sauce up. Just that tiny little bit of cornstarch will do the same thing for 0 points.
- **RED ONION:** Totally optional. If you're a purist that likes soggy burger buns... then leave the onions off.
- **SLOPPY SANCHO!:** Want to kick this baby up a notch and take it south of the border? Who needs a plain ol' Sloppy Joe?... Make a Sloppy Sancho!

Instead of my 'Savory' meat seasoning, use my ground turkey Chorizo recipe. Add a little cumin and chipotle chili powder into the tomato sauce, along with some smoked paprika for a nice little smoky kick. You can even bump it up further with some sliced jalapeños added into the meat mix... or add some chopped, fresh cilantro under the top bun. Honestly... the Sloppy Sancho version of this sandwich is the only reason Bill Clinton passed NAFTA.

- 3 (A) Toast your buns o' choice, then place a thin slice of red onion onto the bottom bun, to act as a moisture barrier. It won't completely stop the bun from getting soggy... but it will prolong the inevitable, as well as adding a nice textural contrast. (B) Add an even 1 cup scoop of the sloppy joe meat mixture onto the onion. (C) Finally, add the top bun. Done.

