

# Easy Turkey Sloppy Joes

Here is a great sloppy joe recipe that comes together quickly and all in 1 pan! You've got to love that! This is loaded with veggies and uses lean turkey rather than beef, although either would be delicious. A cup of riced cauliflower adds extra nutrition and makes this meaty dish stretch a little farther. By serving your sloppy joes over whole wheat buns rather than white bread buns, you are increasing the fiber and vitamin content of your meal. Both make for healthy, happy tummies and kids!

## Ingredients:

1 pound ground turkey (94% lean preferred)  
1 carrot, peeled and chopped small  
1 stalk celery, chopped small  
1/2 an onion, chopped small  
2 cloves garlic, minced  
1 cup riced cauliflower (frozen or fresh) \*  
{the riced cauliflower is optional!}  
1 can (14 ounce) tomato sauce  
1 ½ tsp. mustard  
2 teaspoons chili powder  
1 ½ teaspoon apple cider vinegar  
1 ½ tablespoon honey  
1 Tbsp olive oil  
Salt and pepper, to taste  
Whole wheat buns, for serving



## Directions:

1. In a large pan with a lid, heat olive oil over medium and add onion, carrots, and celery. Allow to cook for 5 minutes, stirring regularly until the vegetables are softened slightly. Add garlic and cook for another 1 minute.
2. Add ground turkey to the pan and cook until the meat is no longer pink. Add the riced cauliflower and allow to soften slightly.
3. Next, add tomato sauce, mustard, chili powder, apple cider vinegar, and honey. Mix all the ingredients together and allow to simmer, covered for 5 minutes. Uncover and allow to cook another 5 minutes until the sauce has thickened a bit.
4. Serve immediately over whole wheat buns and enjoy!

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