



Turkey Sloppy Joes

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
5 lbs	ground turkey, thawed	2.27 kg
2 large	onions, diced	2 large
6 cloves	garlic, minced	6 cloves
3 cups	low-sodium crushed tomatoes or ketchup	750 mL
2 cups	cider vinegar	500 mL
½ cup	Worcestershire sauce	125 mL
½ cup	reduced-sodium soy sauce	125 mL
¼ cup	vegetable oil	60 mL
½ cup	brown sugar	125 mL
¼ cup	dry mustard	60 mL
½ cup	chili powder	125 mL
2 tbsp	fresh ginger, grated	30 mL
50	whole wheat slider (mini) buns OR 25 whole wheat hot dog buns (halved)	50

Instructions

- Heat half the oil in large pot on medium-high heat. Add turkey and cook until done thoroughly (165°F/75°C).
- Heat remaining oil on medium-high heat. Add onions and cook until soft.
- Add garlic. Cook 1 – 2 minutes.
- Meanwhile, combine ketchup/tomatoes, vinegar, Worcestershire sauce, soy sauce, sugar, mustard, chili powder, ginger, and oil in small pot. Bring to a boil and simmer 5 minutes.
- Add sauce to turkey mixture. Let simmer for approx. 20 minutes.
- Serve Sloppy Joe mixture on top of slider (mini) buns. Alternately, distribute mixture among serving bowls and educators can assemble at the table.

Note 1: Vegetarian Substitution suggestion is on page 2.

Note 2: Nutrition Information is on page 2.

Vegetarian Substitution suggestion:

Black Beans Sloppy Joe

Follow steps 3 to 5, but omit Worcestershire sauce in the vegetarian option. Remove enough sauce to serve desired number of vegetarian dishes. Then, add cooked beans instead of ground turkey. For one vegetarian serving, use about ½ cup (125 mL) cooked beans and ¼ cup (60 mL) sauce.

Nutrition Information	
Serving 100 g (no bun)	
Calories	190
Fat	7 g
Saturated	1.5 g
+ Trans	0 g
Sodium	310 mg
Carbohydrates	20 g
Fibre	3 g
Sugars	6 g
Protein	12 g
Calcium	50 mg
Iron	2 mg

Food Guide Servings
1 Grain Product
1 Meat & Alternative