

# SLOPPY JOES WITH BEANS

Makes 6 servings

Serving Size: 1 sandwich

## Ingredients

- 1 pound ground turkey
- 1 (15.5-ounce) can kidney beans, drained and mashed
- 1 (15.5-ounce) can Sloppy Joe sauce
- 1/4 cup chopped onion
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 6 hamburger buns or toasted bread
- Non-stick cooking spray



## Directions

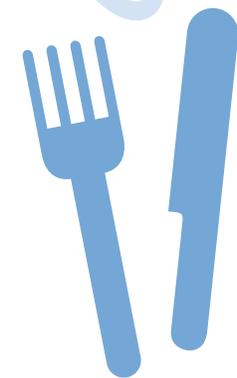
1. Spray skillet with non-stick cooking spray.
2. Brown turkey over medium heat. Add onion.
3. While turkey is browning, drain beans and mash with a fork.
4. Add beans, Sloppy Joe sauce, garlic salt, and pepper to turkey.
5. Simmer for 2 minutes.
6. Toast hamburger bun halves.
7. Assemble sandwiches by placing 1/6 of Sloppy Joe mixture between toasted buns.

## Nutrition information Per Serving

400 calories		Total Carbohydrate	56 g
Total Fat	8 g	Dietary Fiber	8 g
Saturated Fat	2 g	Sodium	1150 mg
Protein	23 g		

 Excellent Source of Vitamin A

 Good Source of Iron



**Eat Smart**



## LOOK AROUND YOU

Learn what free and low-cost physical activity opportunities there are near your home. For example, parks, hiking trails, bike trails, swimming pools, etc. Make a plan to take your family to one of these places this week to be active together.

[www.pedbikeimages.org/Dan Burden](http://www.pedbikeimages.org/Dan_Burden)



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