

PUMPKIN SLOPPY JOES

Yield: 2 servings

cooking oil
3 Tblsp. onion, diced
1 stalk celery, diced
1/2 lb. 93% ground turkey*
roasted red pepper to taste
1/4 C. ketchup
2 Tblsp. tomato juice**
1 Tblsp. sugar***
2 Tblsp. yellow mustard
1/2 Tblsp. apple cider vinegar
1/2 Tblsp. Worcestershire sauce
1/4 tsp. chili powder
dash ground cloves and nutmeg
dash black pepper
1/2 15 oz. can pumpkin puree
salt to taste
toast or hamburger buns

1. Heat a large skillet on medium heat. Then add a small amount of oil. Once the oil is hot, sauté the onion and celery until tender crisp. Add the ground turkey and cook until the meat is no longer pink.
2. To the turkey mixture, add the rest of the ingredients, except the pumpkin. Mix well. Bring to a boil. Stir in the pumpkin. Reduce heat; cover and simmer for about 10 minutes or until heated through. Taste, and season with more spices, salt, or pepper, if needed.
3. Serve over slices of toast or hamburger buns.

Substitutions/Notes:

* 1/2 lb. ground beef (can cook, drain, and remove from skillet prior to sautéing aromatics).

** 2 Tblsp. ketchup with water/broth to the consistency of tomato juice.

*** 3/4 Tblsp. agave (low-glycemic substitute for honey and sugar).