

# Spicy Turkey Lentil Joes

Sloppy

Joes with a healthy twist: ground turkey, cooked lentils, and a spicy

kick that will have you coming back for seconds! Serve on buns or in

lettuce cups.

Yield:

12 servings

Ingredients:

24 ounces (1.5 pounds) 93% lean ground turkey\*

1 large onion, diced

1 can (15 ounces) or 2 cups tomato sauce

1/3 cup Jamie's Spice Mix\*\*

1-2 tablespoons brown sugar

3 cups cooked and drained lentils\*\*\*

salt, to taste

For serving: Buns or romaine lettuce, shredded cheddar cheese, and sliced dill pickles

Instructions:

1. In a large skillet (I use cast iron), brown the ground turkey with the diced onion.

2. When meat is cooked through, add the tomato sauce, spice mix,

brown sugar and lentils. Simmer over low heat for about 20 minutes,

until mixture is thick, stirring occasionally. Add salt to taste, if

needed.

3. Serve on buns or in romaine lettuce, topped with the shredded cheddar and dill pickle slices.



Spicy Turkey Lentil Joes

This recipe is from Tammy's Recipes.