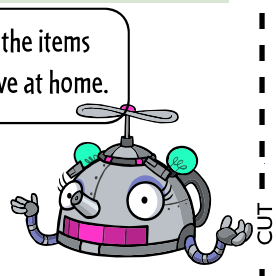
SHOPPING LIST

Sloppy Janes

- [ ] Olive Oil
- [ ] Onion
- [ ] Chili Powder
- [ ] Canned Tomato Sauce
- [ ] Ketchup
- [ ] Worcestershire Sauce
- [ ] Brown Sugar
- [ ] Cider Vinegar
- [ ] Ground Turkey
- [ ] Salt
- [ ] Pepper
- [ ] Hamburger Buns



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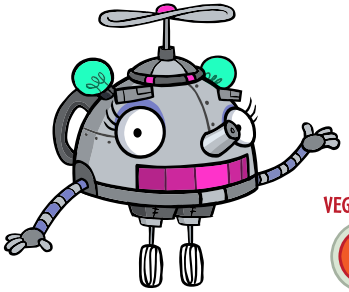
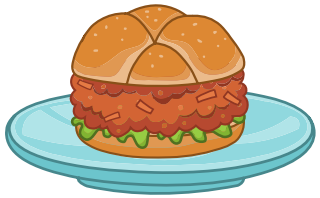
DINNER

FIZZY'S LUNCH LAB

Sloppy Janes





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	About 30 min.	Hard	

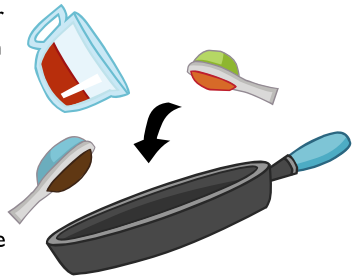
YOU WILL NEED

- **1 tablespoon** olive oil
- **1** small onion, minced
- **1 teaspoon** chili powder
- **1 cup** canned tomato sauce
- **½ cup** ketchup
- **1 tablespoon** Worcestershire sauce
- **1 teaspoon** brown sugar
- **1 teaspoon** cider vinegar
- **1 pound** ground turkey
- **¼ teaspoon** salt
- **¼ teaspoon** pepper
- **4** whole-wheat hamburger buns

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Heat the oil in a 12-inch skillet over medium heat. When hot, add the onion and chili powder. Reduce the heat to medium-low, cover and cook, stirring occasionally, until the onions are tender, about 10 minutes.



STEP 2: Add the tomato sauce, ketchup, Worcestershire sauce, sugar and vinegar, and simmer until the sauce thickens slightly, 7 to 10 minutes. Add the turkey and cook, breaking up the meat with a spoon, until cooked through, about 5 minutes. Season with salt and pepper to taste. Divide the mixture among the hamburger buns and serve.

Nutrition Facts

Serving Size 1 sandwich (276g)
Servings Per Container

Amount Per Serving	
Calories 330	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1090mg	45%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 34g	

Vitamin A 15% • Vitamin C 15%
Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4