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Quick, easy . and thoroughly sloppy!

By *Susie Inventosch*



Turkey Sloppy Joes Photo Susie Inventosch

Sloppy Joes are one of my favorite quick meals. They are like a burger with all the fixings, but all mixed together from the get-go. And they are super easy to make. You sauté the meat (I like to use ground turkey) along with mustard, ketchup, caramelized onions and a little soy sauce for good measure. The problem I have is that my husband doesn't like the sweet taste once the ketchup is added, so he won't go near them. But that all changed with this last batch, when I added medium salsa in place of the ketchup. It was a winner, and I may have even convinced myself to make them this way from now on. Although, I do love the original version, so I've included both here for you! Also note, that you can use whatever ground meat you like in this recipe from ground chicken to turkey, bison, beef, venison or elk.

Sloppy Joes

(Makes 4 Sandwiches)

INGREDIENTS

- 4 hamburger buns or large biscuits
- 1 pound ground turkey
- 2 tablespoons canola oil or olive oil
- 1 large yellow onion, coarsely chopped
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon sugar (optional)
- 2 tablespoons yellow mustard (can use Dijon)
- 1 tablespoon soy sauce
- 3/4 cup ketchup (or medium salsa)
- 1 teaspoon fresh squeezed lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup water (more or less as needed for consistency)
- Garnish: 1/2 cup grated sharp cheddar cheese

DIRECTIONS

Heat oil in large skillet. Add onions and sauté over medium-low heat until browned and beginning to caramelize. Add minced garlic, oregano and ground turkey, and continue cooking until the meat is thoroughly cooked, breaking up the meat with a meat chopper or wooden spoon as you go. Then, mix in mustard, soy sauce, ketchup (or salsa), lemon juice, and season to taste with salt and pepper. Heat for about 5-10 minutes over low heat to allow all flavors to meld. Add water if and as needed for consistency. Can be made ahead and frozen or refrigerated for several days. Reheat meat mixture before serving.

When ready to serve, heat Sloppy Joe mixture and spoon over toasted bun or biscuit. Sprinkle grated cheese on top of meat before closing the sandwich.



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