

## Sloppy Joes with Beans

### Ingredients:

15 ounces black beans, canned  
 1 pound ground turkey  
 1 onion  
 1/2 green bell pepper  
 1/4 teaspoon garlic powder  
 1 teaspoon mustard  
 3/4 cup ketchup  
 3 teaspoons brown sugar  
 8 whole wheat buns

### Equipment:

Cutting board  
 Knife  
 Colander  
 Measuring cups  
 Measuring spoons  
 Non stick skillet

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total Time: 40 minutes

### Directions

1. Open beans and rinse under running water to remove sodium.
2. Cut ends off of onion and peel off brown layers. Chop in to small pieces.
3. Cut green pepper in half and remove stem and seeds. Chop 1/2 and save other half for another dish.
4. In a non stick skillet over medium heat, brown the ground turkey, onion and green pepper. When done, drain any liquid from skillet.
5. Stir in the beans, garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.
6. Serve on whole wheat buns.

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Nutrition Facts	
Serving Size: 1/2 cup mixture with 1 bun	
Servings: 8	
Amount Per Serving	
Calories 305	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	8%
Cholesterol 45mg	15%
Sodium 663mg	28%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	26%
Protein 18g	37%
Vitamin A 6%	Vitamin C 18%
Iron 11%	Calcium 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

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