



Turkey and Swiss Sloppy Joes

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

2 lbs ground turkey
1/2 cup chopped onion
1/4 tsp dried thyme
2 cloves garlic, finely minced, or 1/2 tsp garlic powder
1/2 tsp salt
1/4 tsp black pepper
2 cups 1% milk
2 Tbsp all-purpose flour
6 oz swiss cheese, shredded or cubed (about 1 cup)
2 tsp Worcestershire sauce
1 Tbsp Dijon mustard
Whole wheat buns or rolls for serving

Steps:

- In a 12-inch non-stick skillet set over medium heat, cook the ground turkey, onion, thyme, garlic, salt and pepper for 6-7 minutes, breaking the meat into small pieces as it cooks, until cooked through. Drain any excess grease and set the skillet off the heat.
- In a small dish, stir the milk into the flour until smooth and no lumps remain.
- Return the skillet to medium heat. Add the milk mixture to the ground turkey.
- Bring the mixture to a simmer. Reduce heat to medium-low and simmer 5-6 minutes, or until thickened. Remove from heat.
- Stir in the cheese until melted. Add the Worcestershire sauce and Dijon, and stir to combine.
- Serve the meat mixture on buns.
- The mixture will thicken as it stands and cools, so if you won't be serving it right away (or are reheating for leftovers), consider adding a bit more milk or broth.

Tips from the Test Kitchen: If you use all white turkey meat, the sloppy joes will have less fat and fewer calories than using dark turkey meat. This is a fun variation to the normal tomato-based sloppy joe – the swiss cheese is delicious! Serve along with a green salad, or raw cut-up vegetables and fruit.



Nutritional Facts: per serving Calories: 384, Carbohydrates: 34 grams, Protein: 34 grams, Total Fat: 13 grams, Saturated Fat: 3 grams, Cholesterol: 81 mg, Sodium: 557 mg, Fiber: 5 grams, Total Sugars: 7 grams.