

Cincinnati-Style Turkey Sloppy Joes

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Servings: 4

*1 package (12 ounce)
frozen veggie tots
1 tablespoon extra-virgin
olive oil
1 small white onion, finely
chopped
1 pound ground turkey
1 tablespoon chili powder
1/4 teaspoon apple pie
spice or ground cinnamon
Kosher salt
freshly ground pepper
1/2 cup chili sauce (such as
Heinz)
1 tablespoon
Worcestershire sauce
4 soft hamburger buns,
lightly toasted
1 cup shredded sharp
cheddar cheese*

Preheat the oven to 425 degrees.

Spread the tots on a baking sheet. Bake until crisp, 20 to 25 minutes.

Meanwhile, in a large nonstick skillet over medium-high heat, heat the olive oil. Add all but 1/4 cup of the white onion. Cook until softened, about 3 minutes. Stir in the turkey, chili powder, pie spice, a big pinch of salt and a few grinds of pepper. Cook, stirring and breaking up the meat, until the turkey is well browned, 4 to 5 minutes.

Add the chili sauce, Worcestershire sauce and one-half cup of water. Stir to combine. Reduce the heat to medium. Simmer, stirring frequently, until the turkey is fully cooked and the sauce is thickened slightly, 3 to 5 minutes. Season with salt and pepper.

Divide the turkey mixture among the bun bottoms. Sprinkle with the cheese. Add the reserved chopped onion. Place the bun tops back.

Serve with the veggie tots.

Per Serving (excluding unknown items): 332 Calories; 22g Fat (61.3% calories from fat); 27g Protein; 4g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 339mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.