

Sloppy Tom Barbecued Sandwiches

Arlene Hetrick

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 pound ground turkey
1 small onion, chopped
2 stalks celery, chopped
1 green bell pepper,
chopped
1/2 cup chili sauce
1/4 cup tomato paste
1/4 cup water
2 teaspoons mustard
6 sandwich rolls*

In a skillet, brown the turkey with the vegetables, stirring frequently. Drain.

Add the chili sauce, tomato paste, mustard and water. Mix well.

Simmer for 15 minutes.

Serve on rolls.

Per Serving (excluding unknown items): 141 Calories; 6g Fat (41.1% calories from fat); 14g Protein; 7g Carbohydrate; 2g Dietary Fiber; 60mg Cholesterol; 196mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.