



Sloppy Janes



1/5th of recipe (1 sandwich): 265 calories, 7g total fat (2.5g sat. fat), 717mg sodium, 30.5g carbs, 7g fiber, 11g sugars, 23g protein

Prep: 15 minutes **Cook:** 20 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

1 lb. raw lean ground turkey
1 tsp. dry steak seasoning blend
1/8 tsp. salt
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1 tbsp. Worcestershire sauce
1 tbsp. red wine vinegar
1 cup canned tomato sauce
3/4 cup canned no-salt-added tomato sauce
2 tbsp. tomato paste
1 tbsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
5 light hamburger buns

Directions

Spray a large skillet with nonstick spray and bring to medium-high heat. Add turkey and sprinkle with steak seasoning and salt. Cook and crumble for about 8 minutes, until mostly cooked.

Reduce heat to medium. Add onion, bell pepper, Worcestershire sauce, and vinegar. Mix well and cook and crumble for 5 minutes, or until meat is fully cooked.

Reduce heat to low. Add tomato sauces, tomato paste, and sugar or Splenda. Cook and stir until hot, about 5 minutes.

Toast buns, if desired. Evenly distribute the mixture among the bottom buns and then finish off with the tops of the buns. Enjoy!

MAKES 5 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.