



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

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



Tagged: [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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.