

Carolyn's Sloppy Janes

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Cooking With Carolyn

Ingredients

Yield: 4- 5 oz. Sloppy Janes

2 Tablespoons Extra Virgin Olive Oil
1/3 Cup Onions, finely diced
1/3 Cup Green Bell Pepper, finely diced
2 Clove Garlic, finely minced
1¼ Pounds Lean Ground Turkey or Ground Chicken
1 Tablespoon Grand Diamond All Purpose Seasoning
1½ Teaspoons Kosher Salt
½ Teaspoon Black Pepper
3 Level Tablespoons Dark Brown Sugar
1-15 ounce Can Tomato Sauce
2 Tablespoons Tomato Paste
1 Tablespoon Worcestershire
2 Teaspoons Whole Grain Mustard **OR** Dijon Mustard
1 Teaspoon Red Wine Vinegar
4- Hamburger Buns, about 4 inches in diameter

Directions

Preheat a large skillet over medium-high heat. Add the olive oil to the pan and let it heat up for about 1 minute. Add the onions and bell pepper to the heated olive oil and stir, cook just until translucent about 3 to 4 minutes. Next add the garlic and stir for about 1 minute.

Now, add the ground poultry to the pan, break up the meat with a large spoon and cook for about 5 to 8 minutes. (**Note:** It is ok if the meat is partially cooked at this point.) Next, add the Grand Diamond Seasoning, salt, pepper, and dark brown sugar. Stir. Finally, add the tomato sauce, tomato paste, Worcestershire, mustard and red wine vinegar. Stir to combine.

Cook the Sloppy Jane mixture for about 25 to 30 minutes stir occasionally, about 2 to 3 times, throughout the cooking process. Once done, toast up the buns in the oven, broiler or toaster and top each one with about 5 ounces of the Sloppy Jane mixture.