

**YUMMY SLOPPY JOES** (page 1)

STEP	INGREDIENTS	PROCEDURE
<p><b>1</b></p>	<p> <b>1 small zucchini</b></p> <p> <b>grater</b></p> <p> <b>sheet of waxed paper</b></p> <p><b>or</b></p> <p> <b>food processor</b></p>	<p>Shred zucchini with grater.          Place grater on a sheet of waxed paper.</p> 
<p><b>2</b></p>	<p> <b>pepper</b></p> <p> <b>1/2 bag onions</b></p> <p> <b>paring knife</b></p> <p> <b>cutting board</b></p> <p> <b>kitchen shears</b></p>	<p>Cut peppers. Clean out seeds.</p>  <p>Use kitchen shears to cut peppers into smaller pieces.</p>

**YUMMY SLOPPY JOES** (page 2)

<b>STEPS</b>	<b>INGREDIENTS</b>	<b>PROCEDURES</b>
<b>3</b>	 <p><b>1 pound lean ground turkey OR lean ground beef</b></p>  <p><b>1/2 bag of coleslaw</b></p>  <p><b>zucchini, onions, peppers</b></p>  <p><b>skillet</b></p>  <p><b>spatula</b></p>  <p><b>can opener</b></p>	<p>Saute turkey (or beef), cabbage, onions, grated zucchini on medium heat in a large skillet until meat is no longer pink and juices are clear. Turn while cooking with a spatula.</p>  <p>Drain grease, if needed, in a colander over a bowl. (This will only have to be done if using ground beef)</p> 

**YUMMY SLOPPY JOES** (page 3)

STEPS	INGREDIENTS	PROCEDURES																												
<p style="text-align: center; font-size: 2em;"><b>4</b></p>	<p> <b>1 (8 oz) can tomato sauce</b></p> <p> <b>2 Tablespoons brown sugar</b></p> <p> <b>2 Tablespoon lemon juice</b></p> <p> <b>1 Tablespoon vinegar</b> measuring spoons</p> <p> <b>1 Tablespoon worcestershire sauce</b></p> <p> <b>1 Tablespoon mustard</b></p> <p> <b>1/4 teaspoon pepper</b> <b>1/2 teaspoon salt</b></p> <p> <b>meat mixture</b></p> <p> <b>measuring spoons</b></p>	<p>Stir into meat mixture tomato sauce, brown sugar, lemon juice, vinegar, worcestershire sauce, mustard, salt &amp; pepper</p>  <p>Simmer for 10 minutes or until cabbage and vegetables are tender. Spoon Sloppy Joes onto a bun and serve immediately</p>  <div data-bbox="1058 1171 1409 1789" style="border: 1px solid black; padding: 5px;"> <p><b>Nutrition Facts</b></p> <p>4 servings per container <b>Serving size</b> 2 sliders</p> <hr/> <p><b>Amount per serving</b></p> <p><b>Calories</b> <span style="float: right;"><b>350</b></span></p> <p style="text-align: right;">% Daily Value*</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td><b>Total Fat</b> 9g</td> <td style="text-align: right;"><b>12%</b></td> </tr> <tr> <td>Saturated Fat 3g</td> <td style="text-align: right;"><b>15%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 70mg</td> <td style="text-align: right;"><b>23%</b></td> </tr> <tr> <td><b>Sodium</b> 670mg</td> <td style="text-align: right;"><b>29%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 38g</td> <td style="text-align: right;"><b>14%</b></td> </tr> <tr> <td>Dietary Fiber 2g</td> <td style="text-align: right;"><b>7%</b></td> </tr> <tr> <td>Total Sugars 16g</td> <td></td> </tr> <tr> <td>Includes 7g Added Sugars</td> <td style="text-align: right;"><b>14%</b></td> </tr> <tr> <td><b>Protein</b> 31g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td>Calcium 108mg</td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td>Iron 6mg</td> <td style="text-align: right;"><b>35%</b></td> </tr> <tr> <td>Potassium 834mg</td> <td style="text-align: right;"><b>20%</b></td> </tr> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p> </div>	<b>Total Fat</b> 9g	<b>12%</b>	Saturated Fat 3g	<b>15%</b>	Trans Fat 0g		<b>Cholesterol</b> 70mg	<b>23%</b>	<b>Sodium</b> 670mg	<b>29%</b>	<b>Total Carbohydrate</b> 38g	<b>14%</b>	Dietary Fiber 2g	<b>7%</b>	Total Sugars 16g		Includes 7g Added Sugars	<b>14%</b>	<b>Protein</b> 31g		Vitamin D 0mcg	<b>0%</b>	Calcium 108mg	<b>8%</b>	Iron 6mg	<b>35%</b>	Potassium 834mg	<b>20%</b>
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