

Turkey Sloppy Joes

with Sweet Corn & Summer Bean Sauté

This all-American meal offers a lighter take on the beloved, comforting Sloppy Joe. We're cooking turkey in a tomato-barbecue sauce, then spooning the savory filling into toasted buns (along with crunchy pickle chips). And on the side, we're serving up a sauté of fresh, sweet corn and summer beans. Blanching the beans first brings out their vivid color and flavor, while also preserving their texture—they'll still be succulent and crisp once you've finished them with the corn, garlic and fresh thyme.



Ingredients

- 14 Ounces Ground Turkey
- 4 Hamburger Buns
- $\frac{3}{4}$ Cup Barbecue Sauce
- 10 Ounces Summer Beans
- 3 Cloves Garlic
- 2 Ears Of Corn
- 1 Yellow Onion
- 1 Bunch Thyme

Knick Knacks

- 3 Ounces Dill Pickle Chips
- 2 Tablespoons Tomato Paste
- 1½ Tablespoons Sloppy Joe Spice Blend
(Sweet Paprika, Ground Yellow Mustard, Horseradish Powder, Apple Cider Vinegar Powder, Chile Powder, Cornstarch & Celery Seeds)

Makes 4 Servings

About 505 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min

1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Halve the buns. Peel and small dice the onion. Peel and mince the garlic. Trim off and discard the stem ends of the beans. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cobs; discard the cobs. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves.

2



Brown the turkey:

In a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground turkey**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until lightly browned. Transfer to a bowl. Wipe out the pot.

3



Make the filling:

In the pot used to brown the turkey, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion**, **spice blend** and $\frac{3}{4}$ of the **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **tomato paste**. Cook, stirring frequently, 1 to 2 minutes, or until dark red. Add the **browned turkey**, **barbecue sauce** and $\frac{1}{2}$ cup of **water**. Cook, stirring occasionally, 8 to 10 minutes, or until slightly thickened and the turkey is cooked through. Remove from heat.

4



Blanch the beans:

While the filling cooks, add the **beans** to the pot of boiling water. Cook 3 to 5 minutes, or until slightly tender. Drain thoroughly; rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Wipe out the pot.

5



Finish the vegetables:

While the filling continues to cook, in the pot used to blanch the beans, heat 1 tablespoon of olive oil on medium-high until hot. Add the **corn**. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **thyme**, **blanched beans** and **remaining garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and fragrant. Transfer to a serving dish.

6



Finish & serve your dish:

While the vegetables cook, place the **buns** on a sheet pan. Toast in the oven 2 to 3 minutes, or until lightly browned and crispy. Transfer to a serving dish. Divide the **filling** between the toasted bun bottoms. Top with the **pickle chips** and toasted bun tops. Serve with the **finished vegetables** on the side. Enjoy!