



Crock Pot Sloppy Joes

Make enough for a couple of nights—these are the kind of leftovers your family will love! We like to serve the Sloppy Joes on whole wheat hamburger buns with oven fries and fresh apple slices. You can find great frozen organic oven fries at many grocery stores and co-ops.

Serves: 6

Ingredients

- 1 $\frac{1}{2}$ pounds organic ground chicken or ground turkey
 - 1 small onion, chopped
 - 2 cloves garlic, pressed
- $\frac{1}{2}$ cup tomato sauce
- $\frac{1}{4}$ cup ketchup (we like Annie's Organic ketchup)
 - 1 small green pepper (seeded, de-ribbed and chopped)
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{4}$ cup water
 - 2 tablespoons brown sugar
 - 2 tablespoons mustard
 - 2 tablespoons vinegar
 - 1 tablespoon Worcestershire sauce
- 1-2 teaspoons chili powder (depending on your preference)

Directions

1. In a skillet, brown ground chicken or turkey, onions and garlic. Using paper towels, blot off excess grease.
2. While they are browning, put the remaining ingredients into the crock pot and stir together.
3. Add the meat mixture to the crock pot. Stir once more and cover.
4. Cook on low heat for 6-8 hours or on high heat for 3-4 hours.