SLOPPY JOE MACARONI
Servings: 04 | Prep time: 0:00 | Total time: 0:40

NUTRITION INFORMATION
Per Serving
Calories: 570
Total fat: 25g
Carbohydrates: 50g
Protein: 33g

INGREDIENTS
1 lb (16 oz) Ground Turkey
½ lb (8 oz) Elbow Noodles
1 cup Sloppy Joe Sauce
1 medium Onion, sliced
2-3 tbsp Canola Oil
¾ cup Shredded Cheese (optional)
Salt and Pepper to taste

DIRECTIONS
1. In a deep pot, cook the elbow noodles al dente and drain the water.
2. In a deep skillet, heat your oil and add thinly sliced onions. When your onions are a golden-brown color, add your ground turkey, salt, and pepper to taste and cook for about 15 minutes until the meat is brown. Stir occasionally to prevent burning.
   a. Alternative: You may use ground beef as turkey is leaner than beef.
3. Add sloppy joe sauce to the pan and mix in with the meat. Cook for about 5-10 minutes until the meat is thoroughly mixed into the sauce.
4. Optional: in a baking dish, mix the noodles and your sloppy joe turkey mix. Mix in cheese (your choice which type) and bake at 350°F for about 10-15 minutes. Serve and enjoy!
   a. Alternative: Mix noodles and sloppy joe turkey mix into a serving dish and enjoy!