



Chicken Sloppy Joes

Total Time: 35 Mins | **Serves:** 4 people



Ingredients

- 1lb ground chicken
- 2 tbsp cooking oil
- 1/2 yellow onion, chopped
- 1 bell pepper, finely chopped
- 2 medium carrots, finely chopped
- 2 garlic cloves, minced
- 2 tsp yellow mustard
- 3/4 cup ketchup
- 1 tbsp brown sugar
- Salt and pepper to taste
- 1 package whole wheat buns

Instructions

1. Peel and finely chop carrot and onion. Mince the garlic. Finely chop the bell pepper.
2. Heat 2 tbsp cooking oil in large sauce pan on medium heat. Add the finely chopped carrots, pepper, and onion and sauté until translucent, about 8 minutes.
3. Add the minced garlic, and cook for 30 seconds.
4. Add the ground chicken. Increase the heat to medium-high and cook, stirring often, until the chicken is no longer pink.
5. Add the mustard, ketchup, brown sugar, salt and pepper to the pan. Cook until most of the liquid has evaporated, about 3-5 minutes.
6. Spoon onto hamburger buns and enjoy!

#ProTips

- If you prefer a smoky flavor, you can substitute 1/2 BBQ sauce and 1/2 ketchup.
- Use 1/2 tomato paste, 1/2 ketchup to decrease sugar content!



We recommend serving these with a side of carrot 'fries'! Check out the Tasty cooking video by scanning this code or heading to this link: <https://bit.ly/3c9oVfb>

