



## SLOW COOKER TURKEY SLOPPY JOE'S

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One batch serves 8.

INGREDIENTS		X2	X3	X4
Olive oil	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Medium onion, minced	2	4	6	8
Carrots, finely minced	4	8	12	18
Ground turkey	2 pounds	4 pounds	6 pounds	8 pounds
Gluten free ketchup, fruit juice sweetened preferred	1 cup	2 cup	3 cup	4 cup
Brown sugar	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Gluten free yellow mustard	4 teaspoons	2 T + 2 t	1/4 cup	1/4 c + 4 t
salt	to taste	to taste	to taste	to taste
ground black pepper	to taste	to taste	to taste	to taste

Heat oil in skillet over medium to medium-high heat. Sauté onion and carrots until onion is translucent, then add ground turkey. Using a heat safe spatula, break up meat in skillet until turkey is completely cooked about 5 more minutes. Transfer to crock and add rest of the ingredients. Mix well, cover then cook on low for 6 to 7 hours until flavors are combined and vegetables are softened. I check about 1/2 hour before eating and see if the sloppy joes look too "juicy". If they are, I remove the lid of the crock and cook on high, stirring periodically until the right consistency is reached.

To freeze: Heat oil in skillet over medium to medium-high heat. Using a heat safe spatula, break up meat in skillet until turkey is completely cooked. Put all ingredients including cooked ground turkey into a freezer bag. Remove as much air as possible, seal, label and freeze.

To serve: Thaw. Put contents of bag into slow cooker. Cover and cook on low for 6 to 7 hours.