

## **Sloppy Toms** **(from Annie Fisher in Lancaster County)**

This is a post-Thanksgiving version of Sloppy Joes.

Vegetable cooking spray like Pam.

About one pound ground leftover cooked turkey (ground raw turkey can also be used, but must be cooked thru until no pink is left).

$\frac{3}{4}$  cup chopped onion

$\frac{1}{2}$  cup chopped green pepper

2 cloves garlic, minced

1 cup canned tomato sauce

$\frac{1}{4}$  cup ketchup or tomato chili sauce (if you use chili sauce, leave out chili powder if you don't like it too spicy)

$\frac{1}{2}$  tsp each of dried basil and oregano

$\frac{1}{2}$  tsp each of salt and ground pepper, and ground chili powder (to taste)

$\frac{1}{4}$  cup shredded zucchini

$\frac{2}{3}$  cup shredded carrot

Coat skillet with Pam; On low heat, add turkey and other ingredients, except for tomato sauce, cook until ingredients are cooked through, stirring to blend. Drain any excess liquid, and set aside\*. Skim any fat from liquid. Add tomato sauce, and remaining liquid as needed. Cook until all ingredients are blended and cooked, about 10 minutes. Serve on hamburger buns, or over cooked rice.

\*Hint: chill the excess liquid and then skim the fat off the top.

**From the [BarbaraWorkinger.com](http://BarbaraWorkinger.com) website**