

# Double Duty Turkey and Beans

*Maximize your time in the kitchen by cooking once and eating twice! Turn this versatile and hearty bean dish into family-friendly Sloppy Joes style sandwiches and use it as a topping for baked potatoes the following evening.*

***Serves 4 with leftovers for 4 the next evening; 1/2 cup per serving.***

## INGREDIENTS

- 1 Tablespoon olive oil
- 1 1/2 pounds lean ground turkey (ground beef, chicken or pork may be substituted)
- 1 Red onion, peeled and diced small (white, yellow or sweet onion may be substituted)
- 1 Red pepper, seeded and chopped small (green, orange or yellow pepper may be substituted)
- 2 Tablespoons salt-free Barbecue Seasoning (feel free to substitute your favorite seasoning blend)
- 2 (8-ounce) cans tomato sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon Worcestershire sauce (optional)
- 1 15-ounce can kidney beans, rinsed and drained (feel free to substitute with any type of bean)
- 1 15-ounce can black beans, rinsed and drained (feel free to substitute with any type of bean)
- 1 cup low sodium canned corn kernels
- Salt and pepper to taste
- 4 whole-wheat hamburger buns

## DIRECTIONS

1. Place the olive oil in a large skillet and add the turkey, onion and red pepper. Cook over medium high heat, stirring frequently until turkey is cooked through and onions and peppers are tender. Drain off any excess liquid from the pan.
2. Add the barbecue seasoning to the meat mixture and mix well. Stir in the tomato sauce, brown sugar and Worcestershire sauce (if using). Bring to boil, reduce heat and simmer for 10 minutes stirring occasionally.
3. Stir in the beans and corn and heat through. Season with salt and pepper.
4. hamburger buns.
5. Leftover mixture can be used on top of baked potatoes the next day!

**Baking Potatoes 101:** Scrub the potatoes under cold water and prick all over with the tines of a fork. Bake in a preheated 375 degree oven for 90 minutes.

