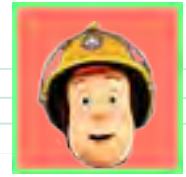


Fireman Sam's Sloppy Fire Truck



Prep time: 60 minutes (30 minutes prep + 30 minutes cooking)

Makes: 8 servings

Serving size: 1 sandwich



Ingredients

- 1 tbsp. vegetable oil
- 1 medium onion, finely chopped
- 1 medium red bell pepper, cored, seeded, and diced into 1/2 inch pieces
- 1 medium green bell pepper, cored, seeded, and diced into 1/2 inch pieces
- 2 celery stalks, thinly sliced and diced.
- 1 lb. ground turkey
- 1-2 tsp. mild chili powder (or more, to taste)
- 1 28-oz. can of crushed tomatoes
- 1 15-oz. can of pinto beans, drained
- 1 tsp. dried oregano
- 1 9-oz. box of frozen corn
- 8 whole wheat hotdog buns
- 16 cherry tomatoes, halved

Supplies

- Cutting board and knives
- Large pot
- Measuring spoons
- Mixing spoon

Directions

1. Dice onion, bell pepper, green pepper, and celery.
2. Heat a large pot over high heat and add the oil, spreading it so that it evenly coats the bottom of the pot.
3. When the oil is hot, add the onion, red bell pepper, green pepper, celery, and turkey. Cook, stirring often, until the turkey has lost its pinkness and is cooked through - about 2 minutes.
4. Add the garlic and cook 1 minute.
5. Add the chili powder and cook, stirring continuously, for 1 minute.
6. Add the tomatoes, beans, oregano, and salt and stir well to combine.
7. Bring the chili to a boil, and then reduce the heat to low and simmer, partially covered, for 20 minutes, stirring occasionally.
8. Add the frozen corn, stir to combine, and cook 10 minutes more.
9. Spoon 3/4 cup chili into each bun and place 4 cherry tomato halves as wheels.

Nutritional Facts

Servings per Recipe: 1

Amount Per Serving

Calories:	330cal
Protein:	18g
Fat:	9g
Saturated Fat:	1g
Carbohydrate:	45g
Fiber:	9g
Cholesterol:	44mg
Sodium:	480mg
Calcium:	130mg
Iron:	2mg
Folate:	100mcg

Note: Nutritional analysis may vary depending on ingredient brands used. Values were rounded to nearest whole number, except for iron.

Nutritional analysis and facts have been provided by:



For more information about fun family recipes and keeping kids healthy and well, visit www.kidshealth.org

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