## BROWN RICE AND TURKEY SLOPPY JOES

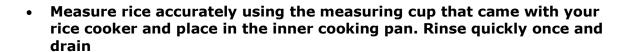
Ingredients (serves 6):

To Cook in the Rice Cooker:

- 1 cup (rice measuring cup) short grain brown rice
- Water to fill to water level 1 for brown rice

## **To Prepare Separately:**

- 1 Tbsp. olive oil
- 1 medium onion, diced
- 12 oz. lean ground turkey
- Sea salt and freshly ground pepper to taste
- 1 cup ketchup
- 2 Tbsp. yellow mustard
- 1/8 tsp. cayenne pepper
- 2 tsp. brown sugar
- 1 Tbsp. tomato paste
- 1-1/2 tsp. red wine vinegar
- 6 soft sandwich rolls



- Add water by filling up to the water scale marked "1" for "Brown Rice".
  Cook the rice using the "Brown Rice" setting
- While rice is cooking, set a heavy-based sauté pan on stove top over medium-high heat, add olive oil and sauté onions for 2-3 minutes until translucent
- Add ground turkey, season well with salt and pepper and brown well, breaking it up with a wooden spoon – about 7-10 minutes.
- Add ketchup, mustard, cayenne pepper, brown sugar and tomato paste.
  Reduce heat and simmer for 10-12 minutes, or until mixture is thick but not dry.
- When brown rice is finished cooking, add to the sauté pan and stir to combine with turkey mixture. Add red wine vinegar, adjust seasoning if needed and serve on rolls.



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