

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**



- **Measure rice accurately using the measuring cup that came with your rice cooker and place in the inner cooking pan. Rinse quickly once and drain**
- **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.**

