

SLOPPY JOES

WITH CRISPY KALE CHIPS

What better meal than Sloppy Joes to kick off the busy fall season, especially if you have little ones headed back to school! Making your own Sloppy Joe sauce means you get to control the flavors! We love to combine tomato paste AND fresh Roma tomatoes for a deep, jammy tomato flavor and a pop of freshness! Explore at home—try any type of vinegar and substitute brown or white sugar for the honey.



Ingredients

- 2 lbs ground turkey
- 1 large onion
- 1 jalapeño (optional)
- 3-4 Roma tomatoes
- 1 bunch kale leaves
- 6 burger buns
- 3 ounces tomato paste

From your pantry:

- 2 garlic cloves or 2 teaspoons granulated garlic
- 3 Tablespoons honey
- 2 Tablespoons vinegar
- 2 Tablespoons Worcestershire sauce
- Olive oil
- Salt and pepper

Equipment:

- Large saute pan
- Large sheet pan

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 400 degrees.

1. Remove peel from **onion** and medium dice. Mince **garlic and jalapeño**. Remove ends from **tomatoes** and dice into 1/4 inch cubes. With a knife or hand, remove **kale leaves** from stems and tear into bite sized pieces. Remove **turkey** from the package.
2. **Prepare Kale Chips:** Place kale on baking sheet and drizzle with olive oil and sprinkle with salt. Bake until edges are browning, but not burnt, about 10 - 15 minutes. Check after 10 minutes.
3. **Prepare Sloppy Joes:** Over medium heat add 1 tablespoon olive oil in a deep saute pan. Add onion and cook for 2-3 minutes until softened, then add garlic and jalapeño (optional) and cook for another 2 minutes until aromatic.
4. Add **ground turkey** and breaking apart with a spoon, cook about 8-10 minutes. Add **tomato paste and tomatoes**, saute another 2-3 minutes stirring occasionally until tomatoes have softened a bit. Add **Worcestershire sauce, honey, vinegar**, and salt and pepper to taste. Mix to incorporate another 1-2 minutes.
5. Simmer the meat mixture until liquid is thickened. Remove from heat. Scoop onto buns and serve with kale chips. Enjoy!

Tips, Tricks, and Terms

~PERFECT~ KALE CHIP TIPS

Baking kale leaves with a little oil and salt can transform this dark leafy veggie into a crunchy, salty delight! Here's how to cook up a perfectly crispy batch!

- Make sure your kale leaves are *totally dry!* Any leftover water from washing will "steam" the chips and leave them soggy.
- Spread the kale chips in a single layer so they bake evenly and crisply.
- Let your kale chips cool a few minutes after baking so they "set up" and crisp up even more.
- Watch carefully! Kale chips don't take too long to bake and can quickly go from crispy and golden brown to burnt and falling apart.

A little about..

Cooking with VINEGAR: Most of the time, vinegars you have on hand can be interchangeable, but certain vinegars work better with certain flavors.

Basic white vinegar is great for pickling or making buttermilk in a pinch, Rice vinegar for Asian foods, Balsamic vinegar for finishing dishes, salads, and breads, and Red or White wine vinegar to make dishes and salad dressings pop!



Appetite For Change is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond. Through youth-led programs, community cooking workshops, urban ag, and social enterprise work, we build community capacity to make our own change.

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