



GROUND CHICKEN SLOPPY JOES



“ This recipe was a total college creation. We had mastered a homemade sloppy joe sauce and ground chicken was cheaper than ground beef. I use this recipe as an alternative to taco meat, or over nachos when I’m not using it as a traditional sloppy joe filler for a sandwich on Kings Hawaiian rolls. ”

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SERVES
6-8

Ingredients

- Onion | ½ cup, finely chopped
- Celery | ¼ cup, finely chopped
- Ground Chicken | 1 pound (lb)
- Tomato Sauce | ¾ cup
- Ketchup | ¼ cup
- Light Brown Sugar | 1 tablespoon
- Worcestershire Sauce | 1 tablespoon
- Red Wine Vinegar | 2 teaspoons
- Cinnamon Stick | 1
- Olive Oil | 2 tablespoons
- White Cheddar | 1 cup



Method

- 1 Heat 2 tablespoons of olive oil in a skillet over medium heat. Add onions and celery, sauté for 2-3 minutes.
- 2 Increase heat to medium-high, add cinnamon stick and ground chicken (breaking it up with a spatula) and brown, stirring occasionally - about 10 minutes. Drain excess fat.
- 3 Add remaining ingredients, bring to a boil, and then reduce the heat to medium-low and simmer, stirring occasionally, for 15 - 20 minutes.
- 4 Remove cinnamon stick and spoon hot sloppy joes onto sandwich buns, taco shells, nachos or your favorite bread. Top sandwiches with white cheddar.

