

# Lighter Sloppy Joes

## Ingredients

1 tablespoon olive oil	1/2 teaspoon salt
1 cup chopped onion	1 (8-ounce) can tomato sauce
8 ounces lean ground beef or turkey	1/4 cup water
1 tablespoon chili powder	6 hamburger buns, toasted
1 tablespoon brown sugar	1 (15.5-ounce) can chickpeas drained



*Makes 6 servings*

## Directions

1. In a large skillet over medium-high heat sauté onion in oil for about 4 minutes until almost tender.
2. Add meat; cook 5 minutes or until browned, stirring to crumble. Stir in chili powder, sugar, and salt; cook 1 minute, stirring constantly.
3. Add 1/4 cup water and tomato sauce; reduce heat, and simmer 2 minutes or until thickened.
4. Place chickpeas in a bowl; partially mash with a fork. Stir chickpeas into meat mixture and heat through, about 1-2 minutes.
5. Spoon about 1/2 cup sirloin mixture onto each bun. Top with pickles, sliced tomato or onion as desired.