Dinner

Barbecue Chicken Sloppy Sandwiches

Savory ground chicken simmers with onion, garlic, warm spices, bell pepper, zucchini, tomatoes, and barbecue sauce, then gets spooned generously onto toasted whole wheat hamburger buns for a hearty, comforting sandwich.



Nut free

35 min	210	28 g	4 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 3/4 lbs ground chicken
- [ ] 1 small onion(s) (minced)
- [ ] 2 clove garlic (minced)
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp paprika (to taste)
- [ ] 1 med red or green bell pepper (chopped)
- [ ] 3/4 cup zucchini (diced)
- [ ] 1 (14.5 ounce) can diced tomatoes (drained)
- [ ] 1/2 cup Sugar-free BBQ sauce
- [ ] 8 med whole wheat hamburger buns (toasted)

Nutrition Facts

Per serving

Calories	**210**
Total fat	5 g
Saturated fat	1.5 g
Sodium	410 mg
Total carbs	28 g
Fiber	1 g
Total sugars	4 g
Protein	8 g

Method

- [ ] 1 Brown the ground chicken in a large skillet over medium heat together with the minced onion, minced garlic, chili powder, and paprika, about 5-6 minutes.
- [ ] 2 Stir in the chopped bell pepper and diced zucchini and cook over low heat for about 5 minutes, until the vegetables are tender.
- [ ] 3 Add the drained diced tomatoes and the sugar-free BBQ sauce and let the mixture simmer for 10 minutes.
- [ ] 4 Spoon the hot chicken mixture onto the toasted whole wheat hamburger buns and serve.

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