

## ***Chicken Sloppy Joes***

2 teaspoons olive or canola oil  
1 pound Ground Chicken  
1/2 cup finely chopped onion  
1/2 cup finely chopped green or red bell pepper  
2 cloves garlic; finely chopped  
1-1/4 cups fire-roasted crushed tomatoes or tomato sauce  
1-1/2 teaspoons chili powder  
1 teaspoon Worcestershire sauce  
6 whole-wheat Kaiser or onion rolls, split and toasted

Heat oil in large skillet over medium-high heat. Add chicken, onion, bell pepper, and garlic. Cook and stir for about 8 minutes or until chicken is no longer pink and vegetables are tender.

Stir in tomatoes, chili powder, and Worcestershire. Bring mixture to a boil, reduce heat and simmer uncovered for 5 minutes. Serve on rolls.

