

Crock Pot Italian Sloppy Joe

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-belly-italian-meatloaf-recipe>

Ingredients:

- 1 pound Italian turkey sausage removed from casing
- 1/2 cup onions chopped
- 3 cloves garlic minced
- 1 red bell pepper chopped in 1/2-inch pieces
- 1 green bell pepper chopped in 1/2-inch pieces
- 1 1/3 cups crushed tomatoes Tutorosso
- 1/2 teaspoon dried rosemary
- salt
- cracked pepper
- 6 whole wheat
- 100 calories potato rolls
- 6 slices reduced fat provolone Sargento
- 1 cup baby spinach

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 110 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 47 grams
7. SaturatedFat: 6 grams
8. Sodium: 2310 milligrams
9. Sugar: 9 grams

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