



# Chia Picadillo Joe Sandwiches

Tired of sloppy joes, or don't want meat-in-a-can? These picadillo sandwiches will spice up your dinner or lunch with something different! They're a great mix of spicy (colorful peppers!) and a little sweet (raisins!) with less-fatty turkey. Don't want bread? You can serve this over rice too, and it becomes a main dish instead of a sandwich. Either way...bring a fork!

## Ingredients

1/2 lb ground turkey  
1/8 cup raisins  
1/4 cup sliced green olives  
1/2 of an onion  
1/2 cup green, red & yellow peppers (can be fresh or frozen) chopped  
1 tbsp dry MySeeds Chia  
14 oz can diced tomatoes (canned with garlic & oregano)

## Seasonings

2 cloves minced garlic  
1 tbsp cumin  
1 tsp chili powder

All you'll need to make this dish is a large skillet and a chopping board. First, use cooking spray on the skillet, then add the ground turkey. While thoroughly browning, break up the meat. Once cooked, drain the fat away (if any appears) and add the garlic & chopped onion. Sauté only for a few minutes, so they're still crisp.

Add all remaining ingredients and mix well. Don't use a lid, and allow the mixture to stay on low heat so that the flavors blend and most of the liquid evaporates. Simmer for about 15-20 minutes.

If you're making sandwiches, toast the buns and scoop the finished picadillo inside. If you want, you can top these with a slice of fresh avocado, or serve it on the side. The mixture will be dry enough (unlike regular picadillo) that it's easy to keep in the sandwich.

## Want rice?

If you'd like to serve it over rice, select a brown rice for the fiber content. Simply prepare the rice according to package directions, while the picadillo is simmering. The rice & picadillo simmer for the same amount of time, so when both are done, simply spoon the picadillo over the rice and you're ready to serve. This is the more traditional way to serve this Latin American style dish. (Over rice, it makes a little more than 2 full-plate dinners)