

Summer Squash Sloppy Joes

- 1 lb. ground beef, turkey, or pork
- 1/2 onion, finely chopped (about 3/4 cup)
- 1 carrot, quartered lengthwise, thinly sliced
- 1 1/2 c. summer squash, quartered lengthwise and very thinly sliced
- 1 6-ounce can tomato paste
- 3 garlic cloves, minced
- 1 -2 t. mild chili powder
- 1 t. dried oregano (or 1 T. fresh)
- Salt and pepper to taste

In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more.

Stir in the tomato paste and 1 1/2 cups water (or pureed canned/fresh tomatoes), stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes.

Adapted from epicurious.com