Turkey Sloppy Joes

* 1 tablespoon olive oil
* 4 carrots, coarsely grated (2 cups)
* 1 medium onion, minced
* 1 garlic clove, minced
* Coarse salt and ground pepper
* 3 tablespoons tomato paste
* 3/4 pound ground turkey (93% lean, dark meat)
* 1 can (28 ounces) crushed tomatoes
* 2 tablespoons dark-brown sugar
* 1 tablespoon cider vinegar
* 1 teaspoon Worcestershire sauce
* 4 whole-wheat hamburger rolls, split

1. In a large saucepan, heat oil over medium; add carrots, onion, and garlic. Season with salt and pepper. Cook, stirring occasionally, until softened, 4 to 5 minutes.
2. Add tomato paste and cook, stirring, 1 minute. Add turkey; cook, breaking up meat with a spoon, until no longer pink, 4 to 5 minutes.
3. Add tomatoes, sugar, vinegar, and Worcestershire sauce. Cook, stirring occasionally, until slightly thickened, 12 to 14 minutes. Serve on whole-wheat rolls.