



Recipe of the Month – October 2014

Sloppy Joes

Serves 5

Serving Size: ½ cup meat and one bun

Ingredients

1 lb ground **beef**
½ medium **onion**, chopped (about ½ cup)
½ cup **celery**, chopped (about 1 stalk)
½ cup green or red **pepper**, chopped (about ½ large pepper)
¼ cup water
½ cup tomato **ketchup**
1 Tbsp prepared mustard
1 tsp **sugar**
5 whole wheat **buns**

Options:

Use ground beef with a fat percentage you can afford. Some fat will be removed when beef is rinsed with water.

Directions

1. Combine ground beef, onion, celery, and pepper in a medium skillet. Add water.
2. Cook over medium low heat for 15 minutes. Stir as needed.
3. Cook until beef mixture reaches at least 160 degrees Fahrenheit.
4. Put ground beef mixture in a colander. Pat mixture with paper towels and rinse with warm water to remove fat.
5. Return to skillet. Add ketchup, mustard, and sugar.
6. Heat 5-10 minutes on low heat.
7. Toast buns in an oven broiler, toaster oven, or skillet.
8. To use a skillet, spread buns with margarine and place face down in skillet. Cook over medium heat 1-2 minutes.

* Make sloppy joe mixture ahead and freeze for a quick meal.

** Use diced or grated carrots in place of one of the vegetables.

***Substituting tomato sauce for the ketchup reduces the sodium to 420 mg.



Make MyPlate Your Plate

NUTRITION FACTS PER SERVING: 290 calories, 11 g total fat (4 g sat. fat), 40 mg cholesterol, 560 mg sodium, 31 g carbohydrates, 4 g fiber, 11 g sugars, 20 g protein