

Learn more about nutrition with the free EatFresh.org Mini Course! Start or continue now › <https://eatfresh.org/eatfreshorg-mini-course>

Sloppy Joes

Ready In: 20 minutes

Serves: 1

Try this tasty version of the traditional Sloppy Joe sandwich.

Ingredients

- » $\frac{1}{8}$ cup Yellow Onion *chopped*
- » $\frac{1}{8}$ cup Green Bell Pepper *chopped*
- » $\frac{1}{8}$ cup Mushrooms *chopped*
- » $\frac{1}{8}$ pound Ground Beef *90% lean*
- » $\frac{1}{8}$ cup Barbeque Sauce *low sugar and low sodium if possible*
- » A pinch of Black Pepper
- » A pinch of Dried Oregano
- » A pinch of Dried Thyme
- » 1 Whole Wheat Hamburger Buns

What you'll need

- » Large skillet

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add onion, bell pepper, mushrooms, and beef.
3. Cook, stirring to break up beef, until vegetables are soft and beef is browned.
4. Stir in barbecue sauce and remaining ingredients.
5. Reduce heat to medium-low, cover, and cook until heated throughout, about 15 minutes.
6. Spoon $\frac{1}{2}$ cup of the beef mixture on each roll. Eat open-faced or as a sandwich.

Chef's Tips

Ground turkey can be substituted if 90% lean ground beef isn't available.



Nutrition Facts	
Serving Size 0.50 cup	
Serving Per Container 1	
<hr/>	
Amount Per Serving	
<hr/>	
Calories 332	
<hr/>	
	% Daily Value*
Total Fat 7.7 g	10%
Saturated Fat 3.6 g	18%
Sodium 733 mg	32%
Total Carbohydrate 45 g	16%
Dietary Fiber 3 g	11%
Protein 22 g	
<hr/>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



“Funded by USDA SNAP, an equal opportunity provider and employer. Visit <http://calfreshhealthyliving.org> for healthy tips.”