

Sloppy Joes

SERVES 8

INGREDIENTS

- 1 pound lean or extra-lean (90% lean or higher) ground beef
- 1 medium onion, diced (about 1 ½ cups)
- 1 jalapeño pepper, seeded and minced
- 1 medium red bell pepper, seeded and diced (about 1 cup)
- 4 cloves garlic, minced or pressed (about 4 teaspoons)
- 1 (15.5 ounce) can small red kidney or pinto beans, preferably low- or no-sodium, drained and rinsed
- 1 ½ cups (15 ounce can) no-salt-added tomato sauce
- 2 tablespoons tomato paste
- 1 tablespoon red wine vinegar
- 1 tablespoon unsulfured molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried mustard
- 3–4 dashes of Tobasco sauce (more or less to taste)
- Kosher salt and fresh ground black pepper, to taste
- 8 whole wheat hamburger buns

FIRST

Brown the meat and onion in a large nonstick skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks. Pour the drippings out of the pan and discard.

NEXT

Add the red pepper and jalapeño and cook 5 minutes more, stirring occasionally. Add garlic and cook until fragrant, 30 seconds to 1 minute. Stir in the rest of the ingredients (except buns) and season with salt and pepper. Reduce heat to low and simmer for another 10 minutes. Check seasonings and adjust as necessary.

LAST

Place a ½-cup scoop of the mixture onto each bun and serve.

NUTRITION NOTES

Every recipe in *The Food You Crave* supplies nutrition information, including “excellent and good sources” of vitamins and minerals:

PER SERVING:

CALORIES: 265

TOTAL FAT: 4.5G (MONO 1.5G, POLY 1.2G, SAT 1.1G)

PROTEIN: 20G

CARB: 40G

CHOL: 30MG

SODIUM: 535MG (can vary depending on the amount of salt you add)

EXCELLENT SOURCE OF FIBER, MANGANESE, MOLYBDENUM, NIACIN, PROTEIN, SELENIUM, VITAMIN B12, VITAMIN C, ZINC

GOOD SOURCE OF COPPER, FOLATE, IRON, MAGNESIUM, PHOSPHORUS, THIAMIN, VITAMIN A, VITAMIN B6

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