Garden Sloppy Joes

This healthy twist on a classic is sure to become a family favorite!

Makes: 12 Servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Source: Food Hero

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green bell pepper, chopped
- 1 pound lean ground meat (15% fat turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- ¼ cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Directions

1. Saute onions, carrots, green bell pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
5. Refrigerate leftovers within 2 hours.

Small Changes, BIG Difference!

Protein — ChooseMyPlate.gov
Vegetables — ChooseMyPlate.gov
Grains — ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/2 bun

Nutrients	Amount
Calories:	140
Total Fat:	2.5 g
Saturated Fat:	0.5 g
Cholesterol:	20 mg
Sodium:	230 mg
Total Carbohydrates:	19 g
Dietary Fiber:	3 g
Total Sugars:	6 g
Added Sugars:	n/a
Protein	10 g

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
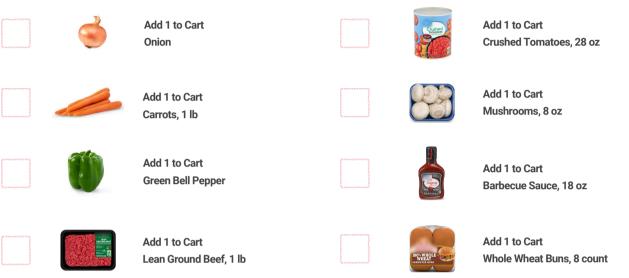- Measuring cups
- 2-3 quart saucepan
- Large spoon or spatula

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: $13.84

Average cost/serving: $1.15

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

Add 1 to Cart
Onion

Add 1 to Cart
Crushed Tomatoes, 28 oz

Add 1 to Cart
Carrots, 1 lb

Add 1 to Cart
Mushrooms, 8 oz

Add 1 to Cart
Green Bell Pepper

Add 1 to Cart
Barbecue Sauce, 18 oz

Add 1 to Cart
Lean Ground Beef, 1 lb

Add 1 to Cart
Whole Wheat Buns, 8 count

Add 1 to Cart
Tomato Sauce (No Salt Added), 8 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Add your favorite fresh, canned or frozen chopped vegetables. Just be sure to select the "No Salt Added" option for canned vegetables to limit sodium.
- Try whole wheat English muffins instead of buns.